

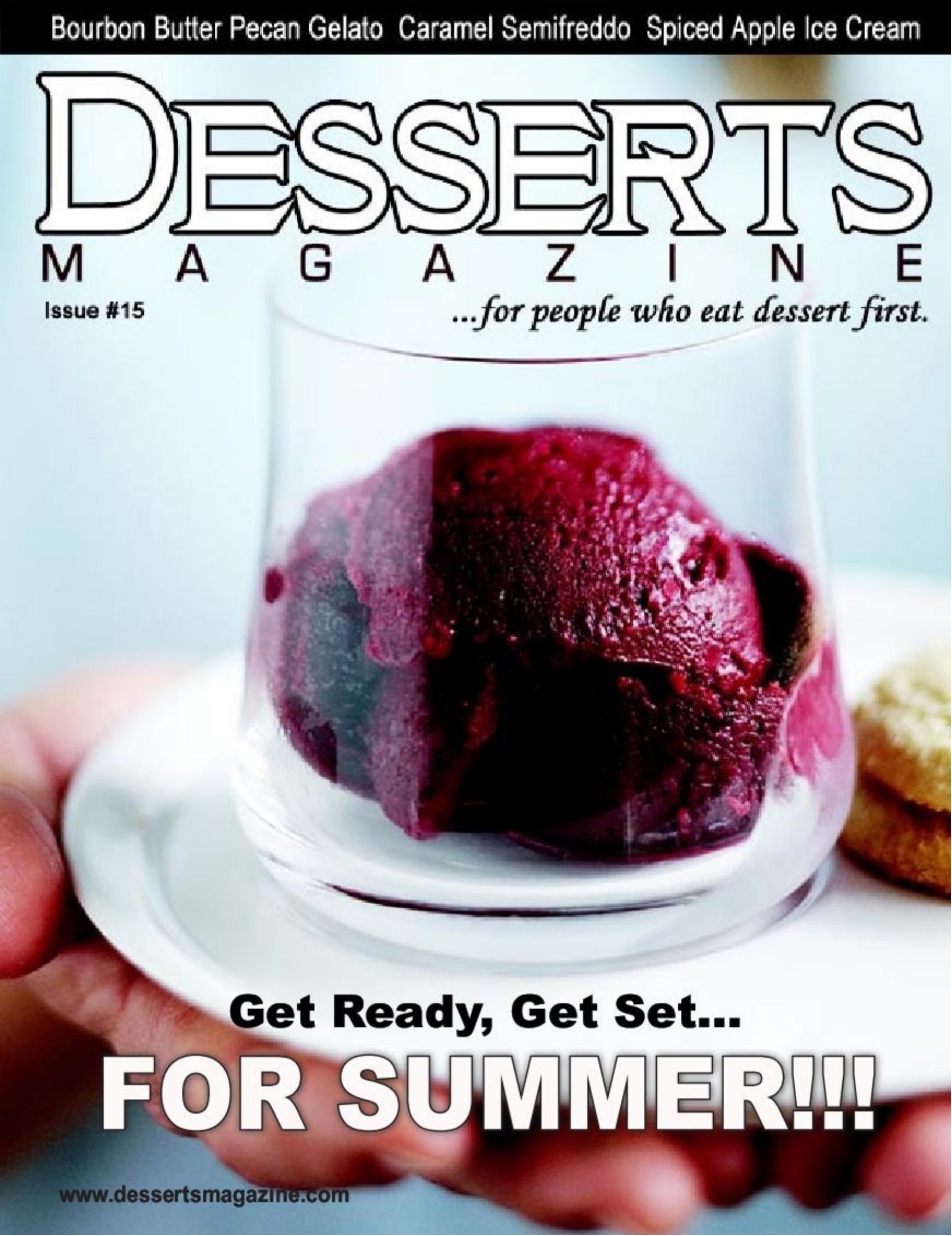
Bourbon Butter Pecan Gelato Caramel Semifreddo Spiced Apple Ice Cream

DESSERTS

M A G A Z I N E

Issue #15

...for people who eat dessert first.

A close-up photograph of a hand holding a clear glass filled with a vibrant red, textured gelato. The gelato is topped with a dark, crumbly layer. To the right of the glass, a round, golden-brown cookie is visible. The background is a soft, out-of-focus light blue.

Get Ready, Get Set...

FOR SUMMER!!!

Desserts Magazine

PO Box 9
Boynton Beach, FL 33435
877.256.3812
www.dessertsmagazine.com

A NOTE FROM THE EDITOR...

Summer for me equates with refreshing, cooling desserts, and a break from my oven. Making homemade ice cream is very easy and fun, plus nothing beats the silky texture and incomparable flavor of pure unadulterated ice cream. With the availability of easy-to-use and affordable ice cream machines on the market, there is no reason to not make your own. It is a great way to get your family involved to come up with new flavors.

In this issue, you'll find many frozen dessert recipes. Feel free to use store-bought ice cream or sorbet in some of the recipes.

My goal, in every issue, is to inspire you. So, go get an ice cream machine and start concocting your own signature ice cream or sorbet and have fun with your family and friends!

Happy churning,

Vera Shepherd

ON THE COVER:
Blackberry Cabernet
Sorbetto. Photography
by Iain Bagwell.



SENIOR EDITOR
George Shepherd

EDITOR
Vera Shepherd

ASSISTANT EDITOR
Jill Adams

COPY EDITOR
Keren Liao

CONTRIBUTING WRITERS

Krystina Castella
Sara Engram
Suzan Filson
Pamela Sheldon Johns
Katie Luber
F.W. Pearce
Ani Phyo
Steven Raichlen
Danilo Zecchin
Sitanan Wuj

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CDI Publications, Inc.

ADVERTISING
chef@dessertsmag.com

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Desserts Magazine or have a
great dessert recipe that you'd
like to share, please email us at:

chef@dessertsmag.com

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CONTENTS

serve it UP!

Dear Editor...
Shiratama-Kinako Donut

Sweet SpOt...

in Ft. Lauderdale, FL

Copy this...

Ciao Bella Key Lime with Graham
Cracker Gelato

ciao bella,

ADULTS ONLY

bourbon butter pecan
gelato

blackberry cabernet
sorbetto

Ciao,

Italia!

Frozen desserts the Italian way...

Caramel Semifreddo

Florentine Rice Gelato

Amaretto-Poached

Pear Gelato

Mascarpone Gelato

Tiramisù

Cool Down with

SPiCE CREAMS

Spiced Apple Ice Cream

Caramel Apple Sundaes

Spiced Chocolate Chip

Cookie Dough Ice Cream

**Go RAW!...frozen desserts
without sugar, dairy, and eggs**

4	Ice Kream Sandwiches	
	Mango Sorbet Macaroon Tartlets	
8	ICE POP	62
	Rocky Road Pudding Pops	
12	Tiramisu Pops	
	Margarita Pops	
16	MOLD it...	69
	Strawberry Sorbetto Pops	
	Chocolate Dipped Strawberry Pops	
30	Strawberry 'N Cream Pops	
	Strawberry Shortcake Baked Alaska	
	Orange 'N Cream Pops	
	Maple Ice Cream Wafer Cookie Sandwiches	
32	Lemon Ice Cream Sandwiches with Raspberry Swirl	
	S'mores Ice Cream Sandwiches	
	Root Beer Float Pops	
	Affogato Pops	
	from the	
	FOUNTAIN...	92
46	Peach Melba Ice Cream Soda	
	Boston Cooler	
	Blue Cow	
	GRILL IT!	98
	Spit-Roasted Pineapple	
56	Grilled Bananas with Coconut-Caramel Sauce	
	Grilled Peach Cobbler	

serve it UP!

Serve with style...Trays for every occasion. Here's some of our favorite...

1 BENCHWRIGHT TRAYS Accented with a heavily distressed finish and rugged iron details that hint at an industrial past, this generously sized Benchwright Tray is rich in character. It beautifully displays books, candles and other accessories atop a coffee table. Small: 13" wide x 19" deep x 2" high; Large: 16" wide x 24" deep x 3" high. \$29.00 - \$39.00 www.potterybarn.com 



2 HOTEL SILVER-PLATED TRAY The classic shapes and beveled edges of the Hotel Collection add style to entertaining. Handcrafted of silver-plated brass or stainless steel and polished for a rich luster. May be personalized for an additional charge. 17" wide x 11.5" deep x 1" high. \$79.00 www.potterybarn.com 





3

BURI WEAVE TRAYS

This tray is hand woven around a metal frame from sustainable rattan, a fast-growing tropical vine with leather handles. 28" diameter, 2" high. \$59.00 – \$69.00
www.potterybarn.com

4

CHIPPY WHITE TRAY

This tray is crafted of mango wood with a painted, distressed white finish and fitted with marine-inspired handles for easy carrying. Serve poolside snacks or display decorative objects on this handsome planked tray. 18" wide x 12" deep x 3" high. \$39.00
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5

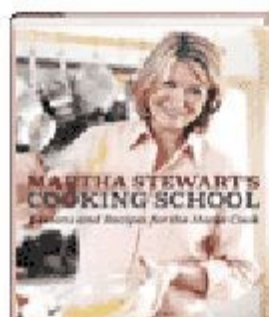
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the
good
cook

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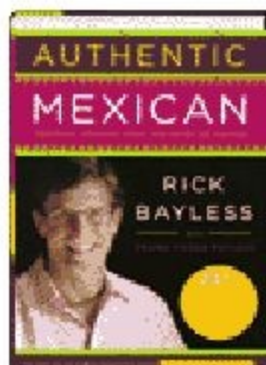
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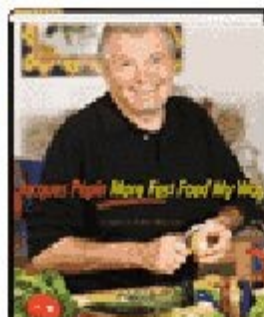
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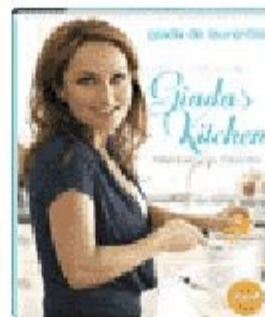
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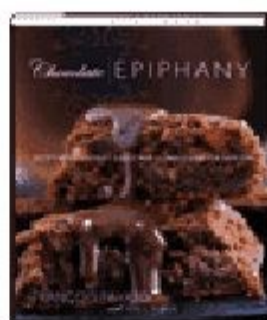
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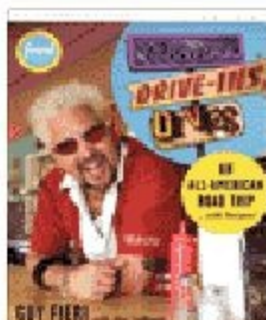
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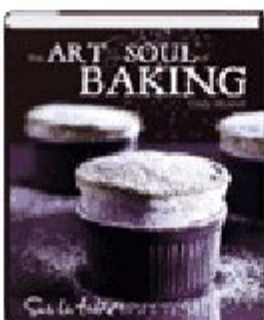
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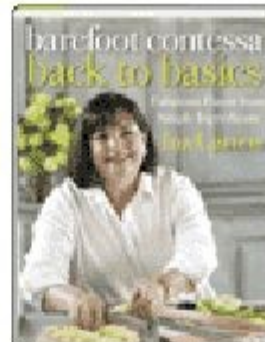
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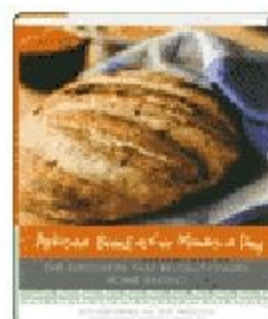
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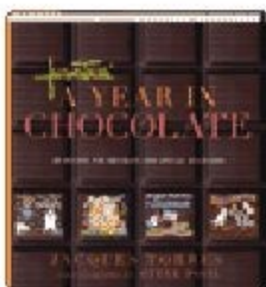
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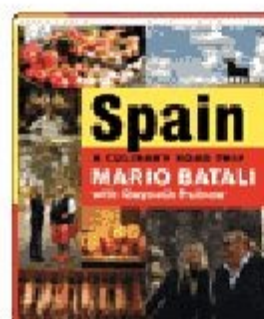
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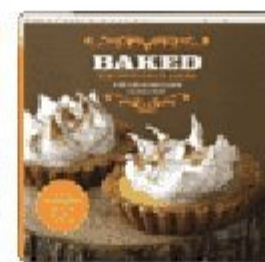
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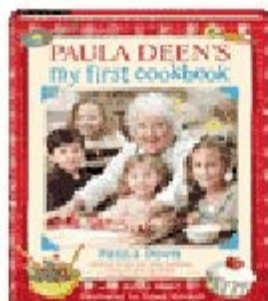
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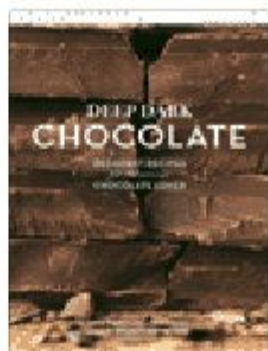
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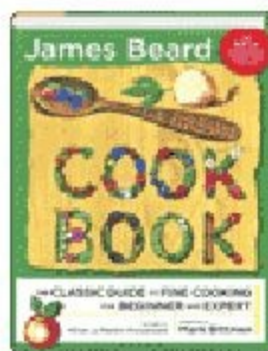
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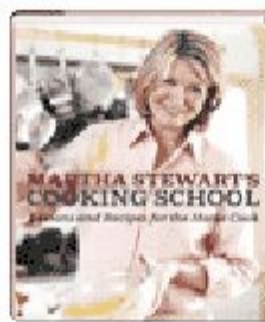
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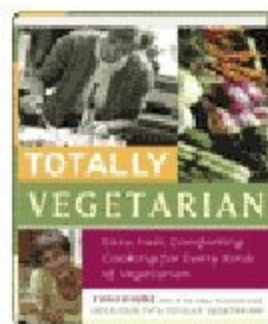
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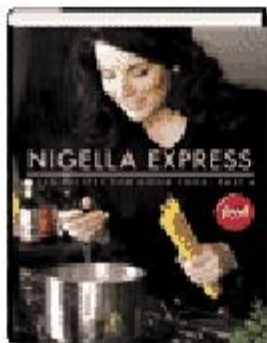
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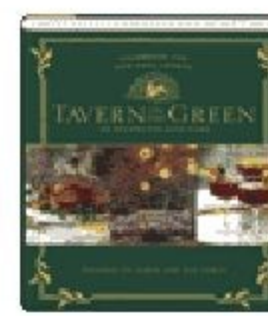
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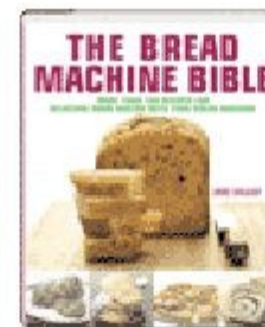
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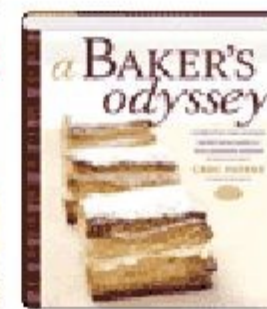
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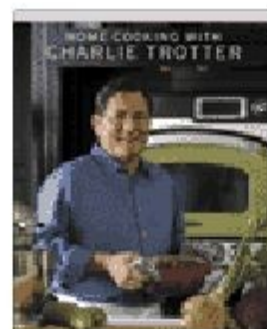
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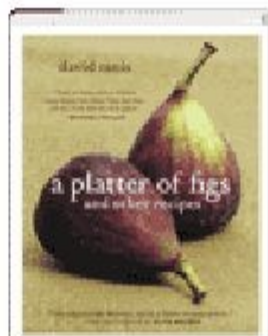
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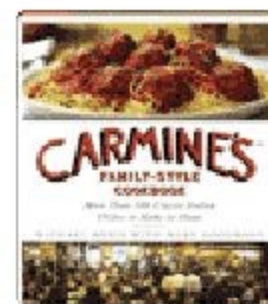
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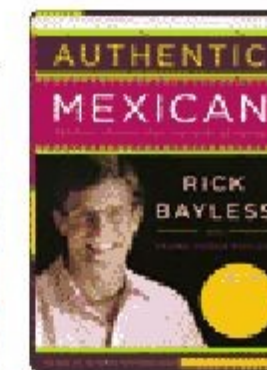
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551193 \$30.00 \$1

Dear Editor...

"...I found it difficult to choose a recipe to try in the 14th issue! Because all look so yummy... Finally, I chose to make the Matcha Affogato, since it is so hot now - about 32-35 degree Celsius!!!

...Since I didn't have poppy seed at home, I made Shiratama-Kinako Donut adapted from my Japanese cookbook. It is the perfect paring with the Matcha. I also made some slightly changes in the Vanilla Bean Ice Cream since I didn't have dextrose and stabilizer at home, by replacing with an invert sugar in same ratio of dextrose...

I'm not disappointed. This recipe is so delicious!!!" — Jib



Sitanan Wuj, a.k.a. Jib, is from Bangkok, Thailand. She loves to cook and bake. She learned how to bake mostly from the internet and cookbooks.

SHIRATAMA-KINAKO DONUT (adapted from Wa Sweet Recipe)

70g Shiratama flour
100g soft tofu
50g sugar
1/2 medium egg, lightly beaten
60g unsalted butter, melted

<A>

70g cake flour
1 teaspoon baking powder

150g kinako powder (roasted soybean powder)
50g sugar
Pinch of salt

Preparation

butter

Sift together <A> ingredients

Mix well of

1. Put of Shiratama flour in mixing bowl, add half of soft tofu. Use your fingers to mix them well. Add another half.

2. Add sugar and whisk until combined. Add beaten egg and melted butter; whisking well after each addition.

3. Change to spatula, add <A> stir until incorporate. Spoon into piping bag with star-tip.

4. Cut about 6-7 cm parchment paper for each donut. Pipe about 12 to 13 donut rings on each parchment paper.

5. Fry in 160-170°C oil with parchment paper, until golden brown. Leave them on wire rack until cool.

6. Dip in mixture.

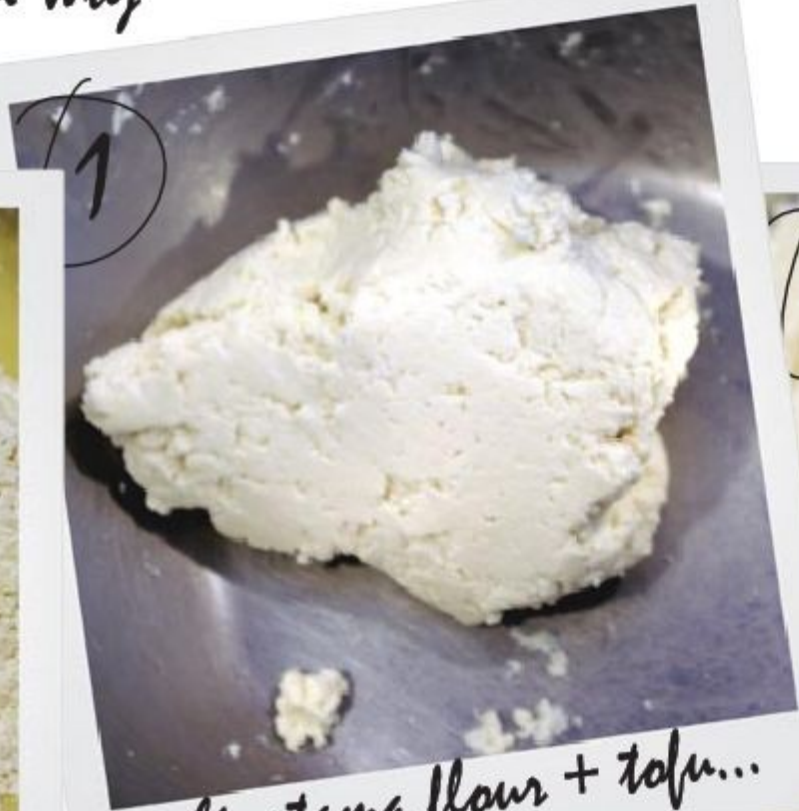


How-to...Shiratama-Kinako Donuts

photography by Sitanan Wuj



add flour...



shiratama flour + tofu...



add egg +



ready to be piped...



ready to be fried...



frying



melted butter...



...



cooling...



coated with kinako...

Sweet Spot... in Ft. Lauderdale, FL



STEAK 954 is an eclectic modern ocean-front steakhouse, located on the ground floor of W Hotel-Fort Lauderdale, by famed restaurateur Stephen Starr, whose culinary empire includes Buddakan and Morimoto in Philadelphia and New York City. The restaurant under the command of Executive Chef Jason L. Smith, features dry aged beef from hand-picked ranches such as, Tajima Kobe from Australia, locally caught seafood, and the finest wines and spirits with selections from all over the world. To finish your meal on a sweet note, pastry chef Sarah Magoon will entice you with her signature desserts.

Magoon, The Institute of Culinary Education (New York) aluminae, honed her skills at Mark's on Las Olas and has appeared at the South Beach Food and Wine Festival. Magoon found a passion for baking at an early age. In fifth grade she perfected a coffee cake that she still bakes for her family get-togethers. From the first coffee cake she ever baked to today more sophisticated peanut butter soufflé served with honey peanut brittle ice cream and her famed sticky carrot cake with butterscotch spiked with cognac and served with creme fraiche ice cream, Magoon prides herself on perfection in her pastry kitchen.

Steak 954

401 North Fort Lauderdale Beach Boulevard, Fort Lauderdale, FL
www.steak954.com 📞



 **Try this...**the Trio Ice Cream Sandwiches at Steak 954. Adults and kids alike will enjoy these finger licking gourmet ice cream sandwiches.

Thin Mint Cookie with Mint Chocolate Chip Ice Cream

Recipe by Sarah Magoon, pastry chef at Steak 954

Thin Mint Cookies

*1-½ cups all purpose flour
½ cup cocoa powder
1 cup granulated sugar
¼ cup light brown sugar
½ teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon fine sea salt
1-½ sticks unsalted butter, room temperature
2 egg yolks
1-¼ teaspoons peppermint oil or extract
1 teaspoon pure vanilla extract*

1. Combine first seven ingredients in bowl of a stand mixer or food processor, mix until combined. Add butter, and mix until the butter is incorporated (this should look like wet sand).

2. Add the yolks, peppermint and vanilla just till dough forms.

3. Remove dough from bowl to a clean work surface, divide dough into three.

4. On food plastic wrap or parchment paper roll dough into even logs, wrap and refrigerate until firm.

5. Preheat oven to 350 degrees F. Line two baking sheets with parchment paper, set aside.

6. Unwrap logs and slice cookies about a ¼ inch thick and place on baking sheet about an inch apart. Left over dough will keep in the freezer for about 4 weeks. Bake for 8 minutes.

Mint Chocolate Chip Ice Cream

*2 cups heavy cream
2 cups whole milk
1-½ cups granulated sugar, divided
10 yolks
½ teaspoon peppermint oil or extract
½ teaspoon sea salt
1 cup bittersweet chocolate chips*

1. In a medium sauce pan, combine cream, milk and ¾ cups of the sugar. On medium-high heat bring to a slow boil, stirring occasionally.

2. Whisk together the yolks and the remaining sugar until pale in color. Slowly add some of the hot cream mixture to the yolk mixture to temper so the egg don't scramble, enough to heat the eggs.

3. Return this mixture to the pan and continue cooking until mixture is slightly thickened but do not boil. Remove from heat and strain into a pitcher. Stir in peppermint and salt then chill in an ice bath.

4. When cool, churn the ice cream in an ice cream machine using manufacturer's instructions (may need to be done in two batches depending on the machine). Lastly stir in chocolate chips.

5. Freeze ice cream for 6 hours or overnight. If you don't have an ice cream machine you can use your favorite store bought ice cream.

To assemble sandwiches, place thin mints bottom side up and put a small scoop of ice cream on each. Place cookies on top of the ice cream top facing up and press down gently to sandwich. Return to the freezer until ready to serve. Serve with your favorite hot fudge or caramel sauce.

Click here to play



Up Close and Personal with Sarah Magoon...

Where did you grow up? I grew up in Fairfield, Connecticut.

How many siblings? I have a twin sister, Anne, and younger brother, Patrick.

What's the weirdest thing you ever ate? A whole pig head made into terrine (not by myself!!).

Name one guilty pleasure: Ketchup and Shoe Shopping

Favorite dessert(s): Anything custard, peanut butter and caramel.

Favorite color: Orange and Purple

Favorite restaurant(s): Prune, New York City; Spinasse, Seattle; Valentino's, Fort Lauderdale; and, Spur GastoPub, Seattle.

Name your favorite kitchen tool(s): My little red Victorinox serrated paring knife.

Name three kitchen tools in your wish list? For home, I would love a convection oven. Beside that, I have too many!!

What do you do when you are not working? Beach, dining out, although I have a chef at home (my boyfriend Ryan), play with my two dogs, and shopping.

What's your ideal vacation? One with lots of rest and relaxation, and even though I live in Florida, I prefer to be in tropical weather. The beach is a plus and lots of great food, of course! I have such a long list of places to go. I started in this industry young so I haven't really had time to go to any of them yet. I'm saving:)

What or who inspired you to become a pastry chef? I always knew that I wanted to be in the kitchen and I eventually decided on pastry because I liked the science of it. I love that you have to be precise in everything you do. I love dessert myself, which makes it hard sometimes to be around it but it's really rewarding to make people so happy with what I do.

Any baking tip(s): Don't forget the salt!!

Copy this...



What: Ciao Bella Key Lime Graham Gelato

Who: Americans have been enjoying Ciao Bella gelato and sorbetto for more than 25 years. Ciao Bella brings unique and intense flavors such as Blood Orange Sorbet and Key Lime Graham Cracker Gelato, using the world finest ingredients, such as Valrhona chocolate from France, Alphonso mangoes from India, and raspberries from Oregon.

Why:

- * It is temptingly tart, rich and creamy, and ultra smooth.
- * Made with a blend of lime juice, graham cracker crumble, and pure cream to sure wow your taste buds.
- * It is rBST-Free and Kosher.

Where: www.ciaobellagelato.com 

key lime with graham cracker gelato

Tangy, tart, and refreshing, with a bit of graham cracker crunch — just like the pie. One of Ciao Bella's most popular recent flavor creations, this started as a seasonal offering for our chef customers and became wildly successful in our gelaterie. The popularity of Key Lime with Graham Cracker Gelato was a bit of a surprise because its flavor is decidedly tart, while Americans tend to have sweeter palates. There's always a fine line between creating what chefs appreciate and what customers will like, but in this case everyone was happy. This flavor is so popular that in less than a year it became our number-one retail gelato flavor in New York City.

Plain Base (recipe follows)

3 Tablespoons fresh lime juice, preferably Key lime
2 teaspoons grated lime zest
3/4 cup crushed graham crackers (see Note), frozen

1. Make the Plain Base and chill as directed.

2. Gently whisk the lime juice and zest into the base. Pour the mixture into the container of an ice cream machine and churn according to the manufacturer's instructions. Just after churning quickly stir in the graham cracker crumbs. Transfer to an airtight container and freeze for at least 2 hours before serving.

RECIPES by f.w. pearce & danilo zecchin
PHOTOGRAPHY by iain bagwell



NOTE

To crush graham crackers, place about 5 graham crackers in a large zip-top bag. Place on a work surface and roll over them with a rolling pin, heavy jar, or wine bottle. Alternatively, break them up a bit by hand, then process in a food processor into crumbs.

Plain Base

This rich, custardy base is the starting point for many of the recipes that follow, spanning a range of flavors as familiar as maple walnut and as exotic as saffron spice or dulce de leche. But it's good enough to be made into gelato by itself, and in fact in Italy—where it is known as gelato de crema—it often is. Makes enough for about 1 quart of gelato

2 cups whole milk
1 cup heavy cream
4 large egg yolks
2/3 cup sugar



1. In a heavy-bottom saucepan, combine the milk and cream. Place over medium-low heat and cook, stirring occasionally so a skin doesn't form, until tiny bubbles start to form around the edges and the mixture reaches a temperature of 170°F.

2. Meanwhile, in a medium heat-proof bowl, whisk the egg yolks until smooth. Gradually whisk in the sugar until it is well incorporated and the mixture is thick and pale yellow. Temper the egg yolks by very slowly pouring in the hot milk mixture while whisking continuously. Return the custard to the saucepan and place over low heat. Cook, stirring frequently with a wooden spoon, until the custard is thick enough to coat the back of the spoon and it reaches a temperature of 185°F. Do not bring to a boil.

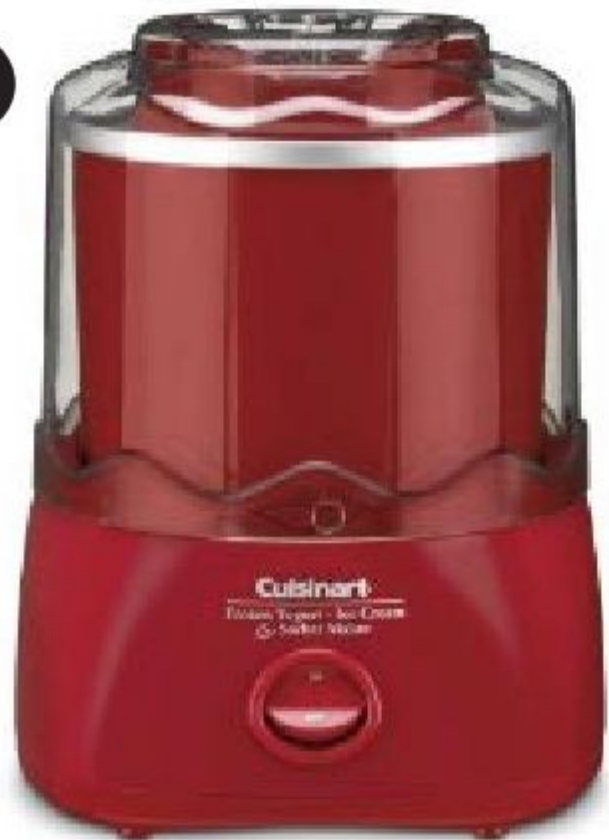
3. Pour the mixture through a fine-mesh strainer into a clean bowl and let cool to room temperature, stirring every 5 minutes or so. To cool the custard quickly, make an ice bath by filling a large bowl with ice and water and placing the bowl with the custard in it; stir the custard until cooled. Once completely cooled, cover and refrigerate until very cold, at least 4 hours or overnight.

ice cream machines...

1



2



for every budget...

3



- { 1. Cuisinart ICE-30BC Pure Indulgence 2-Quart Automatic Frozen Yogurt, Sorbet, and Ice Cream Maker, \$65.95; 2. Cuisinart 1-1/2-Quart Automatic Ice Cream Maker, \$40.75 }
{ 3. Cuisinart ICE-50BC Supreme Ice Cream Maker, \$213.15; www.amazon.com }

STEP-BY-STEP...

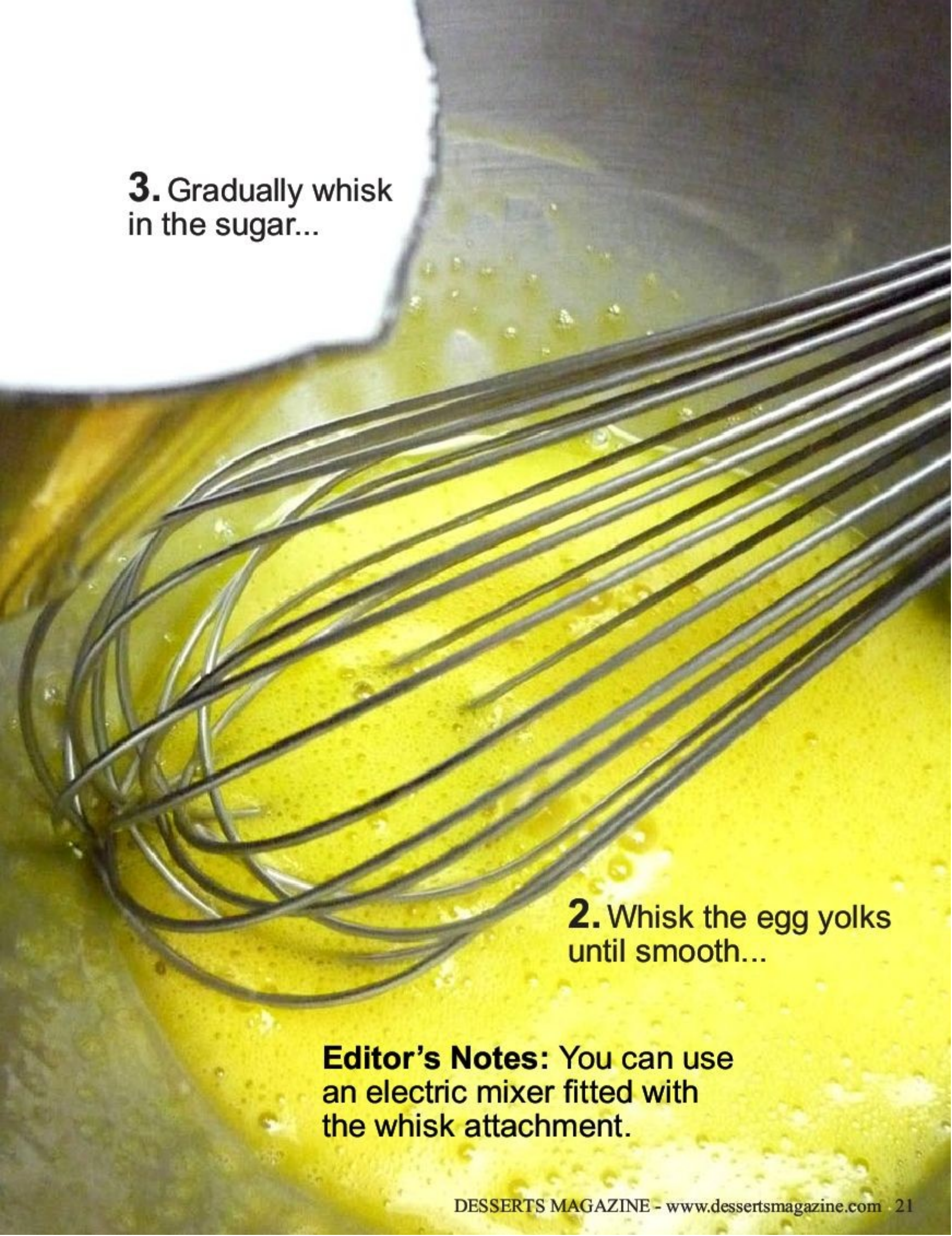


1. Heat the milk and cream until tiny bubbles form around the edge of the pan or it reads 170°F in a thermometer.

Editor's Notes: Always use the best ingredients, such as organic cream and milk, and free-range eggs, if possible. Their flavors are far superior.



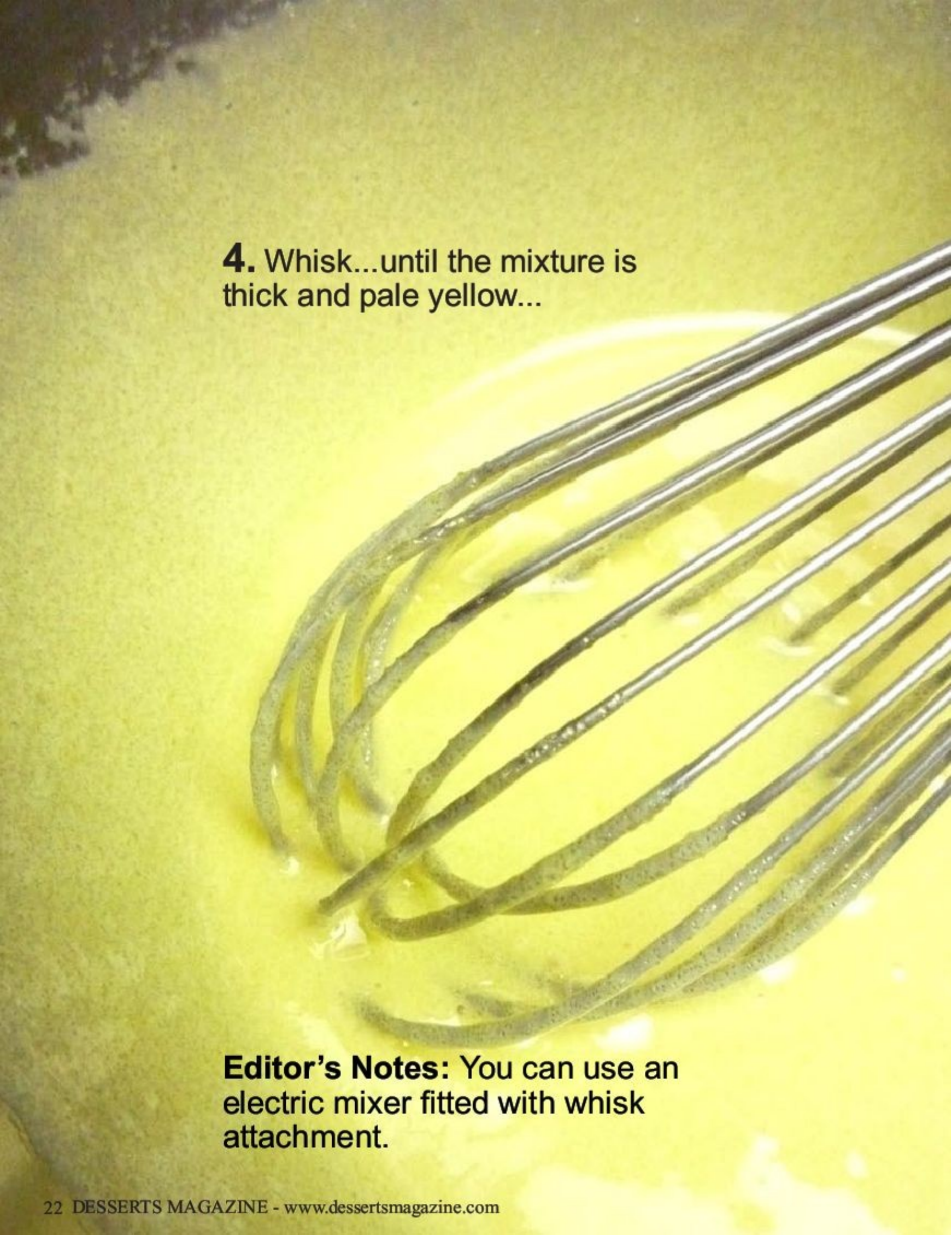
Photographs by Vera Shepherd



3. Gradually whisk
in the sugar...

2. Whisk the egg yolks
until smooth...

Editor's Notes: You can use
an electric mixer fitted with
the whisk attachment.

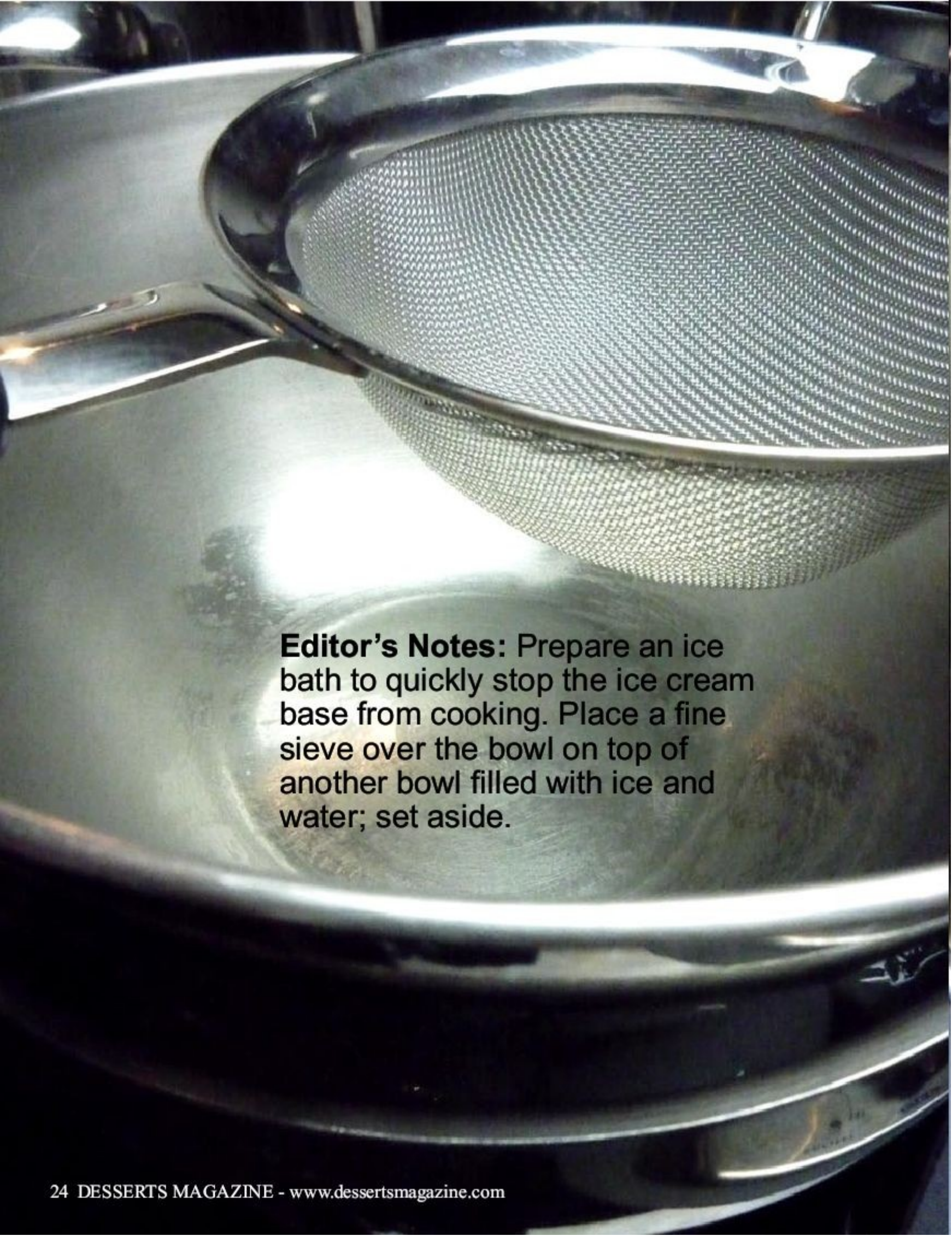


4. Whisk...until the mixture is thick and pale yellow...

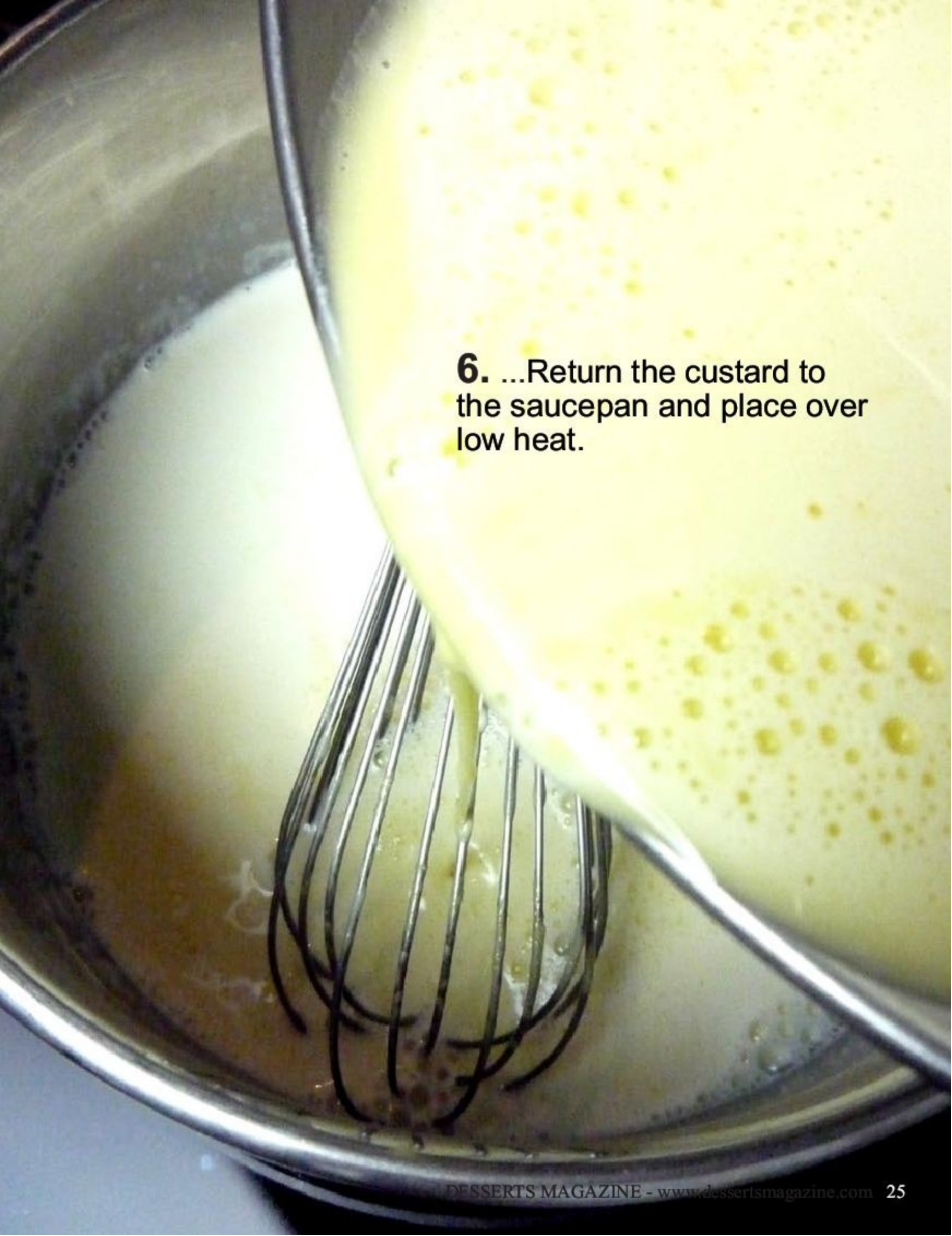
Editor's Notes: You can use an electric mixer fitted with whisk attachment.

5. ...Slowly pour in the hot milk mixture while whisking continuously.

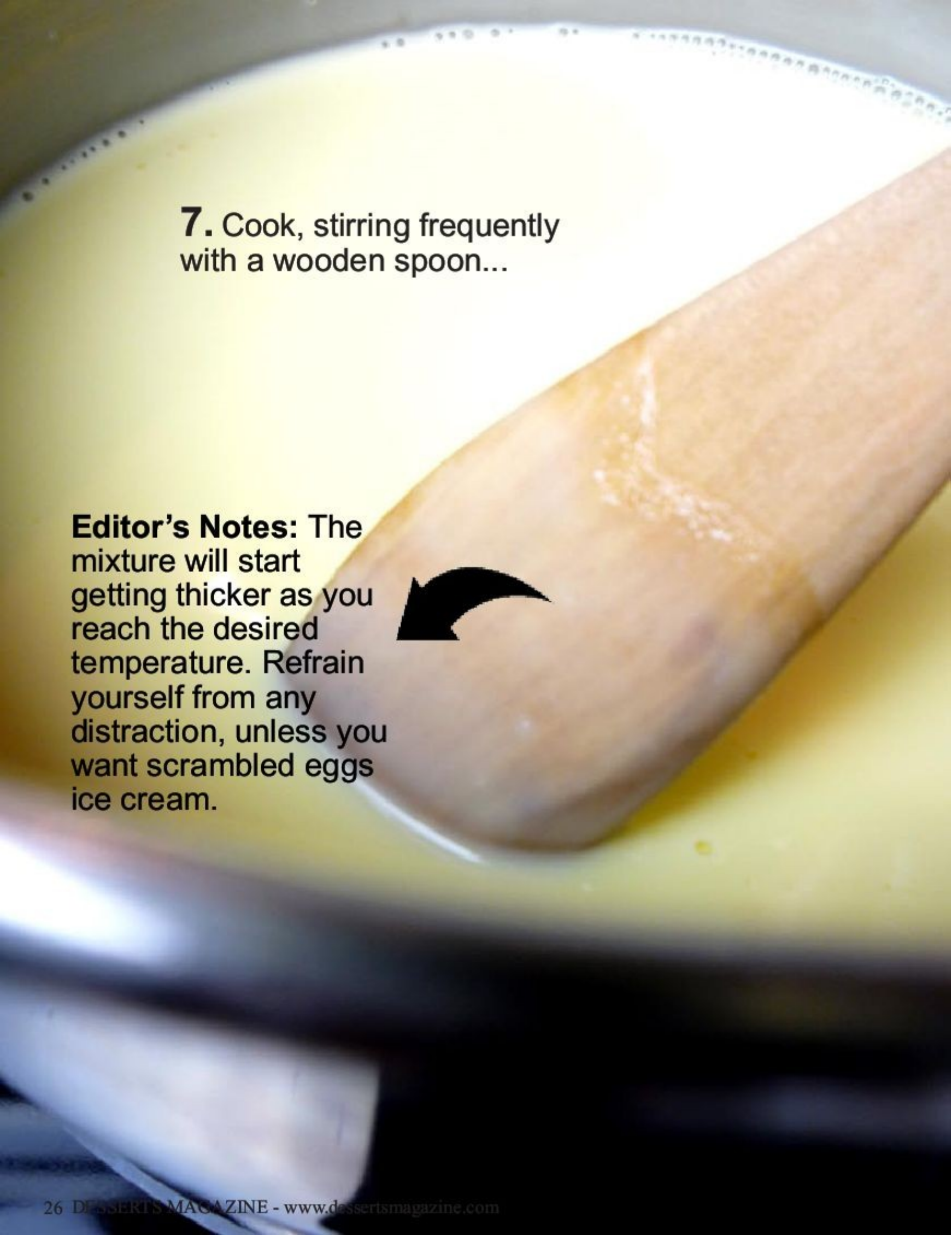
Editor's Notes: Use a ladle to add the milk mixture. (You can use an electric mixer fitted with whisk attachment.)



Editor's Notes: Prepare an ice bath to quickly stop the ice cream base from cooking. Place a fine sieve over the bowl on top of another bowl filled with ice and water; set aside.



6. ...Return the custard to the saucepan and place over low heat.



7. Cook, stirring frequently with a wooden spoon...

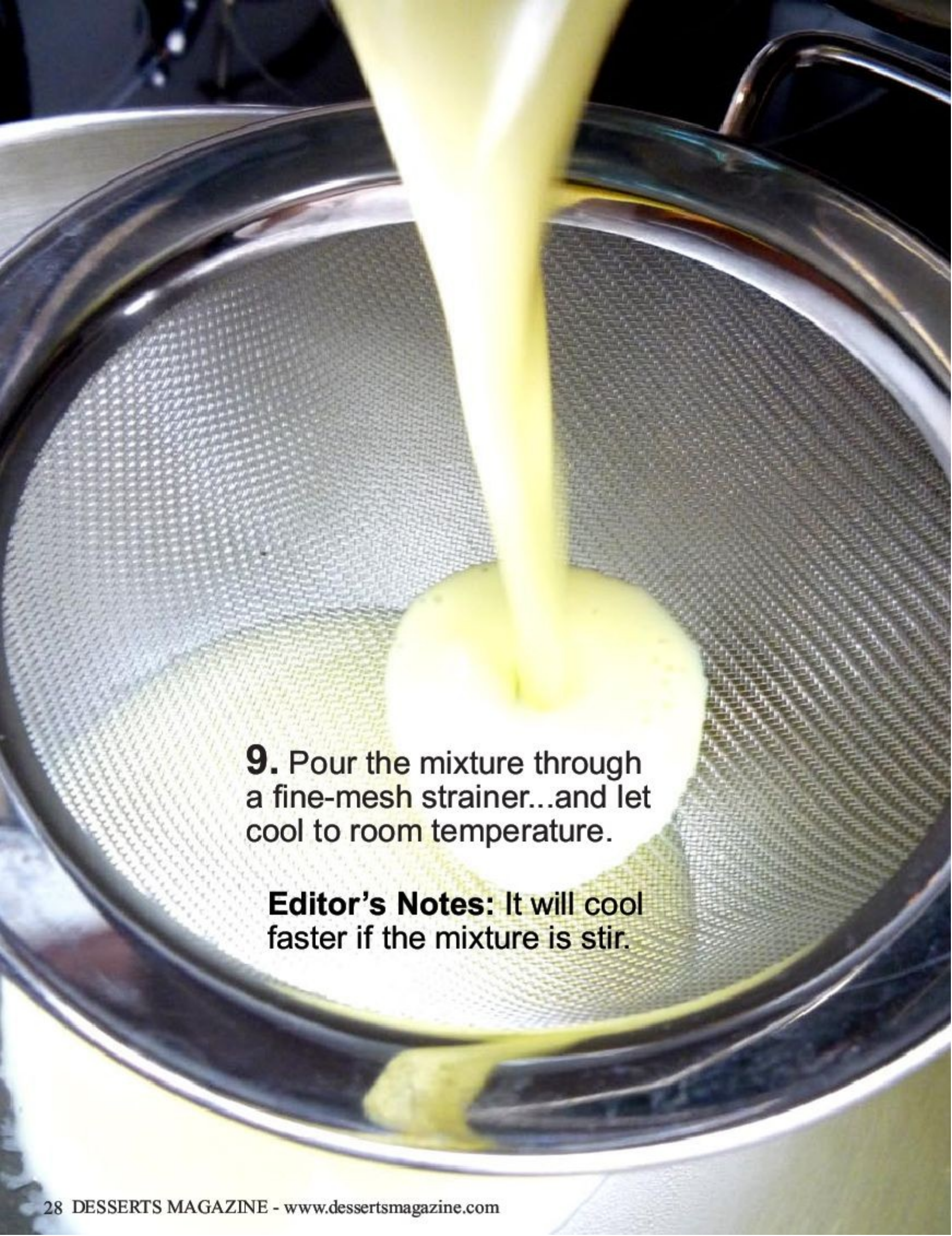
Editor's Notes: The mixture will start getting thicker as you reach the desired temperature. Refrain yourself from any distraction, unless you want scrambled eggs ice cream.





Editor's Notes: No thermometer? That's all right...It is ready, when you run your finger across and it will leave a trail.

8. ...Keep stirring until the custard is thick enough to coat the back of the spoon and it reaches a temperature of 185°F.

A close-up photograph showing a thick, pale yellow liquid being poured from an unseen source into a fine-mesh metal strainer. The strainer is held over a larger metal bowl, and the liquid is captured in the center of the mesh. The background is dark and out of focus.

9. Pour the mixture through a fine-mesh strainer...and let cool to room temperature.

Editor's Notes: It will cool faster if the mixture is stirred.

A close-up, top-down view of the interior of a silver metal ice cream maker bowl. The bowl is filled with a thick, pale yellow mixture. A white plastic dasher is positioned vertically in the center of the bowl. The dasher has a hexagonal opening at the top and a three-pronged mixing blade at the bottom. The lighting is bright, highlighting the texture of the mixture and the metallic sheen of the bowl.

10. Once completely cooled, cover and refrigerate until very cold, at least 4 hours or overnight.

Editor's Notes: For best result, refrigerate overnight.

RECIPES AND TEXT by f.w. pearce & danilo zecchin
PHOTOGRAPHY by iain bagwell



CIAO BELLA,

ADULTS ONLY...

WARNING: Liqueur based gelati are some of the easiest to make. So open up your liquor cabinet and start experimenting. Don't exceed 1/4 cup liquor per quart of gelato. EAT RESPONSIBLY!

bourbon butter pecan gelato

This is a favorite with our steakhouse restaurant customers, who seem to crave a very grown-up version of our Butter Pecan Gelato.

8 Tablespoons (1 stick) unsalted butter

2 cups whole milk

1 cup heavy cream

2/3 cup sugar

4 large egg yolks

1/4 cup bourbon

1 cup roasted pecan halves, frozen

1. Place the butter in a small saucepan over medium heat. Heat, stirring frequently, until it melts completely and just turns a light golden, about 5 minutes. Remove from the heat, pour into a medium heat-proof bowl, and let cool slightly.

2. In a heavy-bottom saucepan, combine the milk and cream. Place over medium-low heat and cook, stirring occasionally so a skin doesn't form, until tiny bubbles start to form around the edges and the mixture reaches a temperature of 170°F.

3. Meanwhile, whisk the sugar with the butter until smooth, then whisk in the egg yolks until well incorporated and the mixture is thick and pale. Temper the egg yolks by very slowly pouring in the milk mixture while whisking continuously. Return the custard to the saucepan and place over low heat. Heat, stirring frequently with a wooden spoon, until thick enough to coat the back of the spoon and it reaches a temperature of 185°F. Do not bring to a boil.

4. Pour the custard through a fine-mesh strainer into a clean bowl and cool completely, stirring often. To cool the custard quickly, make an ice bath by filling a large bowl with ice and water and placing the bowl with the custard in it; stir the custard until cooled. Once completely cooled, cover and refrigerate until very cold, at least 4 hours or overnight.

5. Gently whisk the bourbon into the custard. Pour the mixture into the container of an ice cream machine and churn according to the manufacturer's instructions. Add the pecans 5 minutes before the churning is completed. Transfer to an airtight container and freeze for at least 2 hours before serving.

blackberry cabernet sorbetto

Tart and sweet blackberries play off dark, tannic, full-bodied cabernet in a sophisticated flavor combination. This elegant sorbetto has attracted a lot of press attention, became the number-one-selling sorbetto in our San Francisco store, and won a sofi award. To make Blackberry Sorbetto without the wine, simply omit the cabernet.

Pour the wine into a medium saucepan and place over medium heat. Simmer until reduced to 1 cup, about 10 minutes. Remove from the heat, and let cool completely. Transfer to a bowl, cover, and refrigerate until cold, about 1 hour.

2 cups cabernet sauvignon
6 cups fresh blackberries
1 Tablespoon fresh lemon juice
Simple Syrup (recipe below)

1. Place the blackberries and lemon juice in a food processor and puree until smooth, then pour into a fine-mesh strainer placed over a bowl, pressing on the solids to extract the blackberry puree. Discard the seeds.

2. Whisk the wine and simple syrup into the blackberry puree, pour the mixture into the container of an ice cream machine, and churn according to the manufacturer's instructions. Transfer to an airtight container and freeze for at least 2 hours before serving.

Simple Syrup

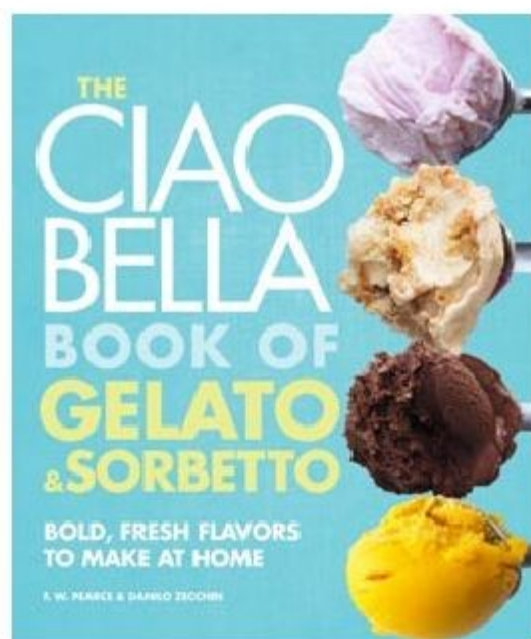
Simple syrup, commonly used to sweeten sorbetti, bar drinks, and iced tea, is a mixture of water and sugar that's simmered until the sugar dissolves. While granulated sugar doesn't dissolve easily in cold liquids (when you try to stir sugar directly into iced tea, for example), simple syrup makes it easier to create sorbetto because it combines easily with fruit purees and other sorbetto ingredients. It keeps for months in a clean container in the refrigerator, so you can scale up the recipe and have a few batches on hand. Makes about 1-1/3 cups

1 cup water
1 cup sugar

In a medium saucepan, combine the water and sugar. Place over medium-high heat and bring to a boil, whisking often to dissolve the sugar. Reduce the heat to medium-low and simmer for 4 minutes, while continuing to whisk until all the sugar is dissolved. Remove from the heat and let cool, then transfer to a bowl or container, cover, and refrigerate until cold, at least 1 hour.



Get this...



What: *The Ciao Bella Book of Gelato & Sorbetto: Bold, Fresh Flavors to Make at Home* by F.W. Pearce & Danilo Zecchin

Why:

- * To re-create your Ciao Bella favorites and flavors that you've never heard of.
- * To learn how to make just one easy custard or simple syrup base, so that you can dream up an infinite number of flavors.
- * To invent your own combinations and mix and match more than 100 unbelievably indulgent frozen desserts.
- * The fun ideas for how to serve gelato and sorbetto as the pros do or with a more personal creative touch.
- * The hundreds helpful tips, information on the best ingredients, a list of sources and gorgeous photography.

How: www.amazon.com 📱

Try this...

What: *Laloo's® Goat's Milk Ice Cream and Frozen Yogurt*

Why:

- * naturally low in lactose
- * naturally lowfat
- * contain no growth hormones
- * made the farmstead way by hand from natural ingredients that are locally produced in Sonoma County.
- * probiotic cultured frozen yogurt
- * Laloo's® goats play on 350 acres of lush hills where they graze on green grass in the warm Pacific breeze.

How: www.amazon.com or check with your grocer 📱



Black Mission Fig

Laloo's® signature flavor is the frozen version of a Fig Newton - infused with moist, tree-ripened organic Valley Orchard black mission figs that are pureed into a smooth, creamy ice cream.

color me...



Wafer Ice Cream Cone Ceramic Dish and Spoon by DII 



Wavy Waffle Ice Cream Bowls by DII 

1
2
3
4
5



Waffle Ice Cream Bowls by DII 



Ice Cream Bowl by Norpro 



Fluted Ice Cream Bowls by Now Designs 

Ciao, Italia!

Frozen desserts the Italian way...
with Pamela Sheldon Johns



photography by Joyce Oudkerk Pool

Caramel Semifreddo

The introduction of whipped cream to a gelato base keeps it from freezing solid, hence the name semifreddo, which means “partly chilled.” Serves 10

1-1/2 cups milk

3/4 cup sugar

1/2 cup spring water

2 large eggs

4 large egg yolks

1-1/2 cups heavy cream

1 cup crushed amaretti cookies (about 15 to 20 cookies)

- 1** In a small pan, heat the milk over medium heat until bubbles form around the edges of the pan. Cover and set aside to keep hot. In a medium saucepan, combine 1/4 cup of the sugar and water. Cook over medium heat, stirring until the sugar dissolves. Continue to cook until the mixture turns a rich caramel color. Stir in the hot milk. Set the pan in a larger pan of hot water to keep the caramel warm.
- 2** In a blender or food processor, beat the remaining 1/2 cup sugar and the eggs and egg yolks together until very thick. With the machine running, gradually add half of the hot caramel mixture. Return the mixture back to the saucepan. Cover and refrigerate the remaining caramel, reserving it for sauce.
- 3** Cook over medium heat, stirring constantly with a wooden spoon, for 6 to 8 minutes, or until the mixture thickens slightly and coats the back of the spoon. Remove the from heat and place it in a bowl of ice water. Stir for 2 minutes to cool the mixture. Cover and refrigerate for at least 2 hours, or until thoroughly chilled. At the same time, refrigerate an 8-cup terrine.
- 4** In a deep bowl, beat the cream until soft peaks form. Fold the whipped cream into the custard. Pour half of the mixture into the chilled terrine. Sprinkle with half of the amaretti crumbs. Pour in the remaining mixture and smooth. Cover with plastic wrap and freeze overnight.
- 5** To unmold, dip the pan into a pan of warm water for a few seconds, then loosen the edges with a sharp knife. Cover with the serving platter, invert both, and remove the terrine. Drizzle with the remaining caramel sauce, sprinkle with the remaining amaretti crumbs, and serve at once.



Florentine Rice Gelato

The best gelato di riso I tasted was from Gelateria Il Fantino in Campi Bisenzio, near Florence. Since Guido Ballerini wouldn't part with his recipe, I tried to re-create it using a basic vanilla base. It is best to use long grain rice; it has less starch, so the grains don't stick together when cooking. Makes 2 quarts; serves 8

6-1/2 cups whole milk
1 cup sugar
1 cup long grain rice, rinsed well
2/3 cup heavy cream
Pinch of salt
1 vanilla bean, split lengthwise
6 egg yolks
1/2 teaspoon freshly grated nutmeg

- 1** In a large saucepan, heat 4 cups of the milk. Add 1/3 cup of the sugar and stir until the sugar is dissolved. Add the rice and simmer for 1 hour, stirring frequently and mixing any skin that forms back into the mixture. The rice will be very tender, and the mixture will have thickened. Set aside to cool, stirring occasionally to keep it from clumping. Stir in the cream. Cover and refrigerate for at least 2 hours, or until thoroughly chilled.
- 2** In a medium saucepan, combine the remaining 2 1/2 cups milk, the salt, and vanilla bean, scraping the seeds from the pod into the milk. Cook over medium heat until bubbles form around the edges of the pan. Remove from heat and remove the vanilla pod. Cover to keep hot.
- 3** In a blender or food processor, beat the remaining 2/3 cup sugar and the egg yolks together until very thick. With the machine running, gradually add the hot milk. Return the mixture to the saucepan.
- 4** Cook over medium heat, stirring constantly with a wooden spoon, for 6 to 8 minutes, or until the custard thickens and coats the back of the spoon. Remove from heat and set the pan in a bowl of ice water. Stir for 2 minutes to cool the mixture. Cover and refrigerate for at least 2 hours, or until thoroughly chilled.
- 5** Stir the rice and nutmeg into the custard. Transfer to an ice cream maker and freeze according to the manufacturer's instructions.

Amaretto-Poached Pear Gelato

Serve this creamy pear gelato with a little glass of delicate but nutty amaretto liqueur. Makes 1 1/2 cups; serves 6

2 cups pear or apple juice
1 cup amaretto di Saronno
6 pears, peeled, halved, and cored
1/2 cup plus 2/3 cup sugar
2 1/4 cups whole milk
Pinch of salt
6 egg yolks
2/3 cup heavy cream
1/2 cup hazelnuts, toasted, skinned, and chopped

- 1** In a large saucepan, combine the pear or apple juice, amaretto, and the 1/2 cup sugar. Heat the mixture over medium heat, stirring until the sugar is dissolved. Add the pears and poach for 35 to 40 minutes, or until tender but not falling apart. Using the slotted spoon, transfer the pears to a plate. Cook the cooking liquid to reduce it for 20 minutes, or until slightly thickened. Set aside to cool. Cover and refrigerate the pears and liquid separately until needed.
- 2** In a medium saucepan, combine the milk and salt. Heat over medium heat until bubbles form around the edges. Remove from heat and cover to keep hot.
- 3** In a blender or food processor, blend the 2/3 cup sugar and the egg yolks together until very thick and smooth. With the machine running, gradually add the hot milk.
- 4** Return the mixture back to the saucepan. Cook over medium heat, stirring constantly with a wooden spoon, for 6 to 8 minutes, until the mixture thickens slightly and coats the back of the spoon. Remove the pan from heat and set it in a bowl of ice water. Stir for 2 minutes to cool the mixture. Cover and refrigerate for at least 2 hours, or until thoroughly chilled.



5 Chop 6 of the pear halves, reserving the remaining 6 in the refrigerator for serving. In a blender or food processor, combine the chilled custard and the chopped pears; purée until smooth. Freeze in an ice cream maker according to the manufacturer's instructions.

6 To serve, arrange a pear half on each plate. Reheat the reduced cooking liquid. Scoop gelato on top of each pear half, spoon some of the reduced cooking liquid over, and garnish with the chopped hazelnuts.

Mascarpone Gelato

East of Florence, in a mountainous area called the Casentino, Giancarlo Sottani makes Caterina de' Medici, a mascarpone gelato with pine nuts. You can find his sparkling gelateria just outside the village of Pelago in San Francesco. This gelato is heavenly served with fresh peaches. Here is my version. Makes 1-1/2 quarts; serves 6.

2 cups whole milk

2 cups heavy cream

2/3 cup sugar

1 vanilla bean, split lengthwise

2 cups (16 ounces) mascarpone cheese at room temperature

1 teaspoon grated lemon zest

2/3 cup pine nuts, toasted

1 In a medium saucepan, combine the milk, cream, and sugar. Cook over medium heat, stirring until the sugar is dissolved, then cook until bubbles form around the edges of the pan. Remove from heat. Add the vanilla bean, scraping the seeds into the milk, and let stand for 30 minutes. Cover and refrigerate for at least 2 hours, or until thoroughly chilled.

2 Remove the vanilla pod. Stir in the mascarpone, lemon zest, and pine nuts until blended. Transfer to an ice cream maker and freeze according to the manufacturer's instructions.



Tiramisù

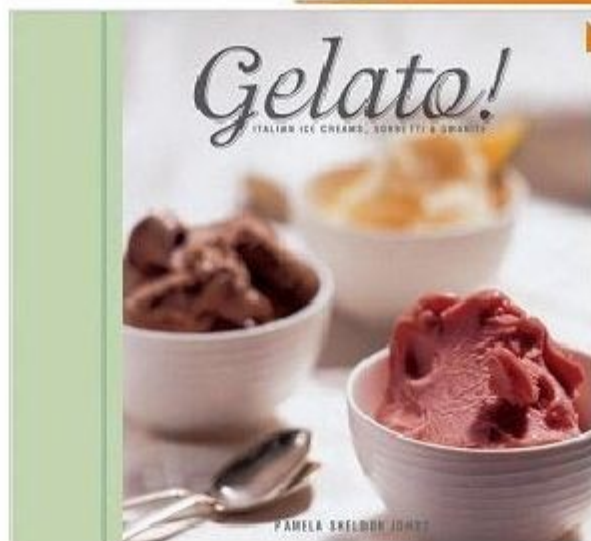
Taking a cue from a favorite Italian dessert, this dessert combines mascarpone gelato and ladyfingers infused with espresso syrup. Creamy, freshly made gelato is easiest to work with, or let a previously made batch soften slightly before using. Serves 8

12 saviordi (ladyfingers)
1 cup freshly brewed espresso, cooled
2 Tablespoons sugar
2 Tablespoons dark rum
Mascarpone Gelato (page 22)
1/2 cup heavy cream, whipped to soft peaks
4 ounces bittersweet chocolate, finely chopped

- 1 In a 9-inch baking dish, arrange a single layer of cookies. In a medium bowl, combine the espresso, sugar, and rum. Pour over the cookies to cover. Set aside to soak for 10 to 15 minutes.
- 2 In parfait glasses, alternate layers of the soaked cookies and the gelato. Return to the freezer for at least 20 minutes to firm up. To serve, top with whipped cream and sprinkles of the chopped chocolate.

Get this...

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What: *Gelato!: Italian Ice Creams, Sorbetti, and Granite* by Pamela Sheldon Johns

Why:

- * To learn the history of Italian ice cream and frozen desserts.
- * Over 45 recipes for gelato and other frozen desserts ranging from Chocolate-Hazelnut Gelato to Zuccotto, along with tasty accompaniments, such as Biscotti di Prato, Brutti Ma Buoni, to name a few.
- * Sumptuous photography and a visual tour of Italy's famed gelaterie.

How: www.amazon.com 





Photography by Mauren Caruso
except where noted

Cool Down with **SPiCE** CREAMS

Sara Engram and Katie Luber of *Tsp Spices*, transform frozen treats in the **Spice Dreams** the same way they gave us ideas to enhance our meals with herb and spices in **The Spice Kitchen**. When they went into the spice business, their friend, Nancy Meadows, suggested spiced-up ice cream, or "spice cream". Nancy imagination produced so many "spice dreams" that they were persuaded to write *Spice Dreams*, a decadent collection of over 50 wonderful recipes using herbs and spice to infuse ice creams, sorbets, frozen yogurts, sundaes, popsicles, and other frozen treats. The recipes are simplified to encourage frequent use and inspire you to experiment with other herbs and spices.

Spiced Apple Ice Cream

From **Spice Dreams: Flavored Ice Creams and Other Frozen Treats** by Sara Engram and Katie Luber/Andrews McMeel Publishing

This frozen treat combines the appeal of an apple pie and the satisfaction of a smooth ice cream. It's delicious by itself, and awesome in Caramel Apple Sundaes. Makes about 1 quart

ice cream

1 cup whole milk
¼ cup plus ¼ cup granulated sugar
½ teaspoon dried lemon zest
Pinch of salt
2 large egg yolks
1 cup whipping cream
½ teaspoon vanilla

spiced apples

2 large Granny Smith apples, peeled, cored, thinly sliced, and cut into quarters (about 2 cups)
⅓ cup granulated sugar
1 teaspoon vanilla
1 teaspoon ground cinnamon
1 teaspoon ground allspice
½ teaspoon dried lemon zest
⅛ teaspoon salt

1 To make the ice cream, combine the milk, ¼ cup of the sugar, the lemon zest, and the salt in a medium, heavy saucepan. Scald the milk mixture over medium-high heat, stirring often, for 5 minutes.

2 While the milk is scalding, whisk together the egg yolks in a medium mixing bowl. Add the remaining ¼ cup of sugar and whisk until the eggs are light and fluffy. Whisking constantly, add a small amount of the hot milk to the egg mixture. Gradually

whisk in the remaining hot milk.

3 Return the custard mixture to the pan and cook over medium-low heat, stirring often, until the custard is thick enough to coat the back of a spoon, about 5 minutes. Remove the pan from the heat and place in a bowl of ice water to quickly cool the custard. Let the custard cool, stirring often, for 5 minutes.

4 While the custard is cooling, combine the cream and the vanilla in a medium bowl. Stir in the custard mixture. Cover with plastic wrap and press the wrap directly onto the surface of the custard. Refrigerate until completely chilled, at least 4 hours or overnight. The custard may be stored in the refrigerator for up to 3 days.

5 To make the spiced apples, combine the apples, sugar, vanilla, cinnamon, allspice, lemon zest, and salt in a medium, heavy saucepan. Cook the apples over medium heat, stirring often, until the apples are tender and all the liquid is gone, about 10 minutes. Let the apples cool and then place them in the refrigerator to chill.

6 Freeze the chilled custard mixture in an ice-cream maker according to the manufacturer's instructions. Add the spiced apples to the soft, creamy ice cream during the last minute of mixing; churn until just mixed. Transfer the ice cream to an airtight container and freeze in the freezer for 2 to 4 hours before serving.

Caramel Apple Sundaes

From **Spice Dreams: Flavored Ice Creams and Other Frozen Treats** by Sara Engram and Katie Luber/Andrews McMeel Publishing

*If you love caramel apples—and even if you don't—this apple-themed sundae will bring you the joys of caramel sauce wrapped in the satisfaction of true comfort food, with just enough spice to pique your palate. **Makes 4 sundaes***

*3 to 4 cups **spiced apple ice cream** (below)*

*1 cup **spiced caramel sauce** (below)*

*½ cup **clove candied pecans** (below), cut into pieces*

Whipped cream, for garnish

4 strawberries, for garnish

Scoop the Spiced Apple Ice Cream into 4 separate bowls. Drizzle the Spiced Caramel Sauce over each sundae and top with pecans. Garnish with whipped cream and a strawberry. Serve immediately.

spiced caramel sauce

You thought caramel sauce couldn't get better? Try it with cloves and see what you've been missing. Feel free to substitute cardamom, cinnamon, or another spice for the cloves. **Makes 2 cups**

1 cup heavy cream

1¼ cups firmly packed brown sugar (light or dark)

1 teaspoon ground cloves

4 Tablespoons (½ stick) butter

1 teaspoon vanilla

Bring the cream to a boil in a small saucepan over medium heat. Add the brown sugar and the cloves and cook, stirring continually, until the sugar dissolves, about 5 minutes. Remove the saucepan from the heat and whisk in the butter 1 tablespoon at a time. Stir in the vanilla and serve immediately.

clove candied pecans

Cloves and cinnamon turn these nuts into a spicy delight. Be careful not to eat them all as soon as they're cool, or else double the recipe. **Makes 3 cups**

1 egg white

¼ cup granulated sugar

1 teaspoon ground cinnamon

1 teaspoon ground cloves

3 cups pecan halves

1 Preheat the oven to 350°F. Whisk together the egg white, sugar, cinnamon, and cloves in a small bowl. Pour the egg mixture into a large resealable plastic bag. Add the pecans, seal the bag, and shake until the pecans are evenly coated.

2 Grease a jelly roll pan. Spread the pecans in a single layer and bake for 10 minutes, stirring halfway through baking. Remove the pan from the oven, loosen the pecans, and let them cool for 10 minutes. Store the pecans in an airtight container for up to 2 weeks, or 4 to 6 weeks in the refrigerator.





Editor's Notes:

You're going to love little burst of cloves and cinnamon in the smooth creamy ice cream. I served the ice cream in take-out half-pint containers. Perfect for individual servings — not only it is a fun and easy way to serve, but also easy to take to a picnic at the beach or park.

Photography by Vera Shepherd

Spiced Chocolate Chip Cookie Dough Ice Cream

From **Spice Dreams: Flavored Ice Creams and Other Frozen Treats** by Sara Ingram and Katie Luber/Andrews McMeel Publishing

We like cookie dough ice cream, but we have to admit that the addition of a few strategic spices elevates this treat to the level of a major addiction. Makes about 1-¾ quarts

ice cream

2 cups whole milk
½ cup plus ½ cup sugar
1 teaspoon dried lemon zest
1/8 teaspoon salt
4 large egg yolks
2 cups whipping cream
1 teaspoon vanilla

cookie dough

4 Tablespoons (½ stick) unsalted butter, at room temperature
⅓ cup firmly packed brown sugar (light or dark)
⅓ cup granulated sugar
2 Tablespoons milk
1 teaspoon vanilla
1 teaspoon ground cinnamon
1 teaspoon ground cloves
¼ teaspoon salt
1 cup all-purpose flour
½ cup semisweet mini chocolate chips

1 To make the ice cream, combine the milk, ½ cup of the sugar, the lemon zest, and the salt in a medium, heavy saucepan. Scald the milk mixture over medium-high heat, stirring often, for 5 minutes.

2 While the milk is scalding, whisk together the egg yolks in a medium mixing bowl. Add the remaining ½ cup of sugar and whisk until the eggs are light and fluffy. Whisking constantly, add a small amount of the

hot milk to the egg mixture. Gradually whisk in the remaining hot milk.

3 Return the custard mixture to the pan and cook over medium-low heat, stirring often, until the custard is thick enough to coat the back of a spoon, about 5 minutes. Remove the pan from the heat and place in a bowl of ice water to quickly cool the custard. Let the custard cool, stirring often, for 5 minutes.

4 While the custard is cooling, combine the cream and the vanilla in a medium bowl. Stir in the custard mixture. Cover with plastic wrap and press the wrap directly onto the surface of the custard. Refrigerate until completely chilled, at least 4 hours or overnight. The custard may be stored in the refrigerator for up to 3 days.

5 To make the cookie dough, cream the butter and sugar in a large mixing bowl until light and fluffy. Add the milk, vanilla, cinnamon, cloves, and salt to the butter mixture and beat together. Gradually beat in the flour until combined. Stir in the chocolate chips. Form small bits (¼ to ⅛ teaspoonfuls) of the cookie dough into balls and freeze for 1 hour, or until firm. (Note: Larger dough balls will produce larger bursts of spice in the finished cream.)

6 Freeze the chilled custard mixture in an ice-cream maker according to the manufacturer's instructions. Gently fold the frozen cookie dough into the soft, creamy ice cream. Transfer the ice cream to an airtight container and freeze in the freezer for 2 to 4 hours before serving.

spice | this... that...

Allspice, a native to the Caribbean Islands, South and Central America, is an aromatic stimulant for the gastro-intestinal tract. It has been helpful in treating diarrhea and also helps correct flatulent indigestion and sharp pains and grumbling in the bowels often associated with the use of laxatives. Allspice is a natural source of beta-carotene and other important nutrients and acts as an antioxidant and anti-inflammatory.



Cardamom is a spice that came to us from the Orient by way of ancient caravan routes finding their way to Europe. Cardamom is well known as a digestive stimulant that helps improve the appetite and promotes circulation to the digestive system, helping to relieve nausea, vomiting, indigestion and colic. Cardamom is an old-time appetite stimulant that may even sweeten your breath! Use it to enliven pilafs, breakfast cereals, and baked goods.

Cinnamon is one of the world's most widely used digestive aids, helping to improve most gastrointestinal problems. Cinnamon has antiseptic, antifungal, astringent and stimulant properties that helps relieve intestinal gas, diarrhea, nausea and vomiting. It also contains propanoic acid, which helps stop the formation of stomach ulcers without interfering in the production of the gastric acid needed for good digestion.



Fennel has been primarily used to stimulate good digestion. When you need relief from indigestion, gas and upset stomach, reach for the fennel. It is also an old-fashioned cough remedy that will loosen phlegm and ease coughs and colds. For two thousand years, many people have relied on it for its weight control benefits. Fennel seeds work well with both sweet and savory foods.

These spices do more than just adding flavor...

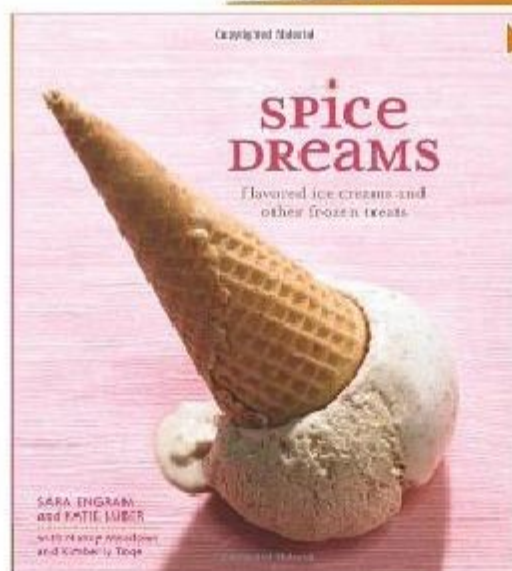
Nutmeg is also an excellent tonic for the digestive tract that eases colic, flatulent dyspepsia, nausea, vomiting, abdominal distention and bad breath. It is also used to alleviate headaches, abdominal spasms, as well as chronic diarrhea and dysentery. It is said to lower blood pressure and create an euphoric feeling.



Cumin is an aromatic, stimulating, bitter and warming herb that has been used to help the digestive system and relieve intestinal gas pains, dyspeptic headaches, nausea, colic and flatulence. It is widely used in Ayurvedic medicine in India to relieve indigestion and to improve liver function. Pungent and spicy cumin is an essential ingredient in curries and is also thought to be a stimulant to the sexual organs, as well as an antispasmodic to relieve abdominal cramps, bloating and distention.

Get this...

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What: *Spice Dreams: Flavored Ice Creams and Other Frozen Treats* by Sara Engram
Sara Engram and Kimberly Toque

Why:

- * Discover how to incorporate fresh and dried herbs and spices into your homemade frozen desserts.
- * Over 50 recipes for ice creams, sorbets, sundaes, ice-cream sandwiches, and other frozen treats, ranging from Honey-Mint Ice Cream with Thyme and Basil, Chile-Orange-Chocolate Sorbet, Cardamom Snickerdoodle Cookie Ice-Cream Sandwiches, and Caramel Apple Sundaes, to name a few.
- * Beautifully designed and complete with full-color photography.

How: www.amazon.com 

Anise Seed has long been used as a popular remedy to relieve digestive disorders. It is a tonic for the stomach that helps relieve nausea, abdominal pain, gas pains and spasmodic flatulence. Anise is known for increasing the libido in both men and women. Anise Seed is considered an antiseptic. It helps combat sinusitis and infection. Used externally, its antiseptic qualities have been used to treat scabies and lice. Anise also reduce bad breath. Sweet-tasting anise is characterized by its licorice-like flavor and aroma. Anise has been used to treat insomnia, particularly when taken with warm milk.



Basil Indigestion? Take basil to calm nausea, while relieving stomach cramps, flatulence, constipation and other gastric problems. Highly aromatic basil has also been recommended as a natural remedy for headache and whooping cough and may even help to promote a youthful state of physical and mental health. It is also thought to ease nausea, stomach and intestinal cramps and to help stop vomiting. Basil is considered a fine appetizer, and as a mild stimulant, it has also been used very effectively in cases of complete exhaustion. Its essential oil helps to allay mental fatigue and is said to be helpful as an antidepressant.



Cloves are not only a culinary staple, but they should also be in every medicine cabinet as an old-time pain reliever, digestive aid and warming stimulant. Cloves exhibit broad antimicrobial properties against fungi and bacteria, thus supporting its traditional use as a treatment for diarrhea, food poisoning and other infectious conditions. Try cloves as a breath freshener, an oral pain reliever and, perhaps, even an aphrodisiac. Cloves are said to be fine antiparasitic, and its antimicrobial properties have been used to destroy intestinal parasites, as well as their eggs, thus supporting its traditional use by the Chinese in treating intestinal worms.



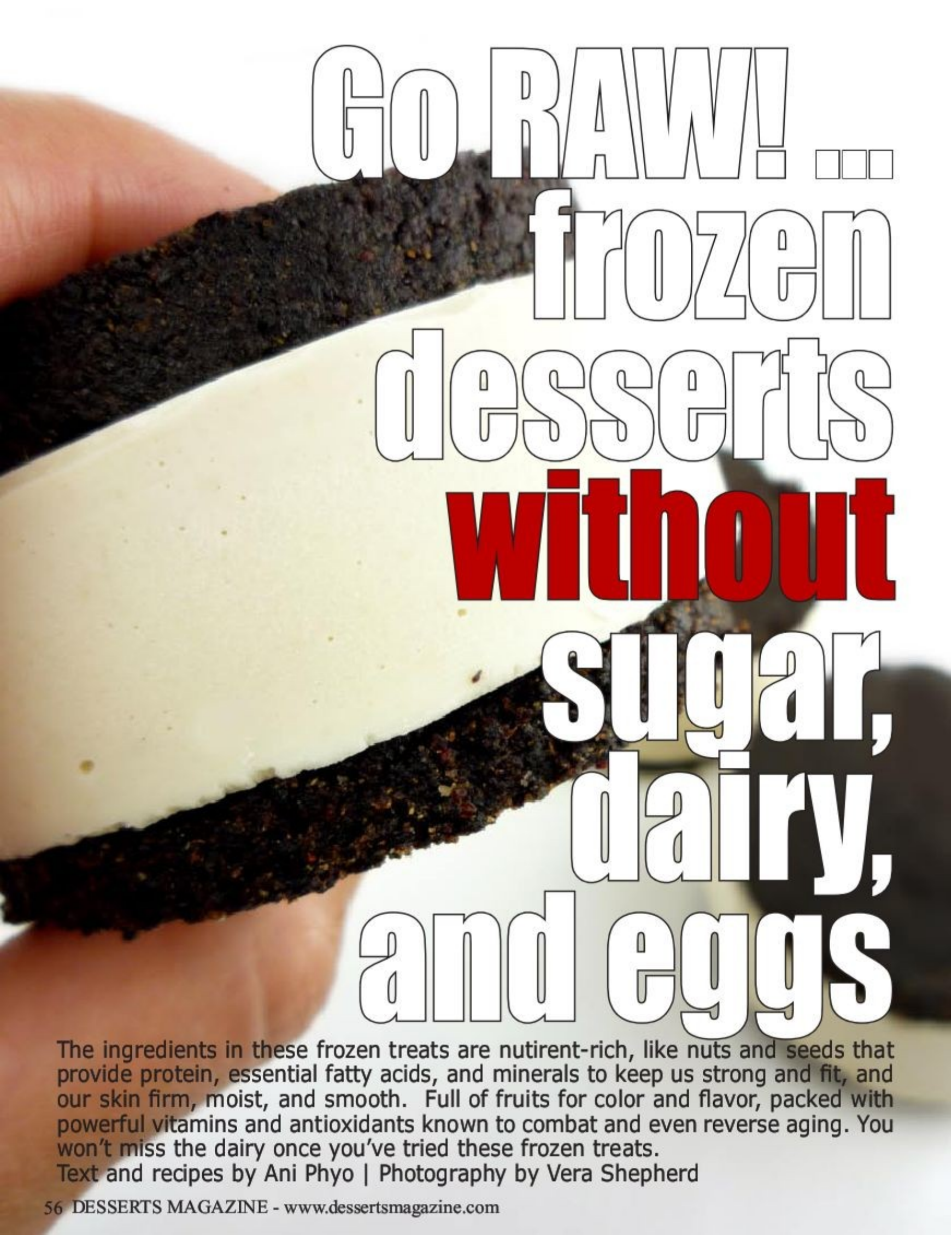
Turmeric is a staple of Indian cuisine and medicine. It should also be a staple in your spice rack as an overall health tonic for supporting improved liver, gallbladder and digestive functions. Turmeric is a warming herb that helps to stimulate circulation and support cardiac health. Try it for the relief of aches and pains of sore joints, arthritis and rheumatism. More importantly, Turmeric is now the subject of many university, hospital and research studies that show great promise in the treatment of malignant diseases, including those involving prostate, colon, esophagus, pancreas and breast.



Tarragon not only flavors our foods; it is indispensable for our digestive systems, helping to alleviate dyspepsia, flatulence, hiccups, indigestion and poor appetite. It is an old-time, natural anesthetic for pain and will also help insomniacs by inducing sleep. Tarragon is said to be a natural anesthetic and has been used externally for toothache and for rheumatism. It also helps to stimulate the appetite, particularly the poor appetites of those suffering from illness.

Thyme is indispensable in the kitchen, but it is also indispensable in your herbal closet as a powerful antiseptic and expectorant that has been used for thousands of years to loosen phlegm in deep-seated chest infections and to ease bronchitis and asthma. It also supports the gastrointestinal system, especially helping to rid the body of flatulence, as well as easing indigestion, gastritis, dyspepsia and stomach cramps. Moreover, Thyme is said to calm the nervous system, induce sleep, dispel nightmares, lift the spirits during depression and increase energy.





Go RAW! ... frozen desserts **without** sugar, dairy, and eggs

The ingredients in these frozen treats are nutrient-rich, like nuts and seeds that provide protein, essential fatty acids, and minerals to keep us strong and fit, and our skin firm, moist, and smooth. Full of fruits for color and flavor, packed with powerful vitamins and antioxidants known to combat and even reverse aging. You won't miss the dairy once you've tried these frozen treats.

Text and recipes by Ani Phyo | Photography by Vera Shepherd

Ice Kream Sandwiches

From the book *Ani's Raw Food Desserts: 85 Easy, Delectable Sweets and Treats* by Ani Phyo. Excerpted by arrangement with Da Capo Lifelong, a member of the Perseus Books Group. Copyright © 2009

My love for finger food led me to create this handheld frozen treat. Tart, rich, smooth ice kream is sandwiched between layers of dark carob goodness. Makes 3 or 4 sandwiches

½ recipe Key Lime Kream Bars, recipe follows Carob Walnut Cookies

1. Spread the Key Lime Kream mixture in a pie pan or loaf pan to desired thickness. Somewhere between 1 and 1-1/2 inches works well. Freeze until solid, 2 to 3 hours.

2. Roll the cookie dough onto a sheet tray lined with parchment paper. A layer between ¼ and ½ inch thick works well. Place in the freezer until firm, about 30 minutes.

3. Remove the dough from the freezer and use the cookie cutter(s) to stamp out your favorite shapes in pairs. Keep these cookies in the freezer until ready to assemble.

4. Once the ice kream is solid, use the same cookie cutter(s) to stamp out shapes. Remove the cookies from the freezer and sandwich each ice kream shape between 2 cookies. Serve immediately, or store in freezer until ready. Will keep in the freezer for several weeks or more.

VARIATIONS:

Try rolling the outside edge of the sandwiches in ¼ cup crushed nuts, dried fruit, cacao nibs, or another favorite

topping. Use Coconut Ice Kream or Lemon Kremsicles instead of the lime bars.

Key Lime Kream Bars

The heat of the days in Baja on the Pacific inspired this rich, tart, creamy frozen treat. Just blend, pour, freeze, and enjoy! Citrus fruits of all types are packed with vitamin C and anti-aging properties. Makes 12 servings

4 cups cashews, such as Blue Mountain Organics Raw Cashews

1 cup lime juice

½ cup agave syrup, such as Blue Mountain Organics Raw Agave Nectar

½ cup liquid coconut oil, such as Blue Mountain Organics Raw Coconut Oil

1 cup filtered water, as needed

Combine the cashews, lime juice, agave syrup, and coconut oil in the high-speed blender and blend until smooth, adding water as needed. Scoop the mixture into a pie dish. Freeze until chilled, 2 to 3 hours. Cut into bars to serve. Will keep for weeks in the freezer.

Carob Walnut Cookies

Sweet raisins, malty carob, and rich walnuts are ground together to make a delicious, dark, sweet cookie. Packed with antioxidants, vitamin E, and EFAs, these cookies keep you trim and your skin radiant. Make 8 to 12 cookies

1 cup raisins

¾ cup raw walnuts, such as Blue Mountain Organics Raw Walnuts

¼ cup raw carob powder, such as Blue Mountain Organics Raw Carob Powder

1 teaspoon mesquite powder (optional)

1/8 teaspoon sea salt

1. Combine the raisins, walnuts, carob powder, mesquite powder if using, and salt in the food processor. Process until the dough begins sticking together.

2. Press the dough into 2-inch cookie cutters placed on a sheet tray lined with parchment paper. Shoot for a thickness of 1/3- to 1/2-inch. Or, make 1- to 1-1/2-inches balls and flatten.

3. Place the cookies in the freezer to chill and firm up for 30 minutes or more before serving or transferring to the fridge for serving later. Will keep for many weeks in the fridge or freezer. Thaw 5 minutes before eating.

Mango Sorbet Macaroon Tartlets

From the book *Ani's Raw Food Desserts: 85 Easy, Delectable Sweets and Treats* by Ani Phyo. Excerpted by arrangement with Da Capo Lifelong, a member of the Perseus Books Group. Copyright © 2009

Delicate coconut and cashew tartlet shells are filled with sweet, smooth mango sorbet. Mango contains high level of beta-carotene, vitamin A and B2, calcium, phosphorus, and iron for maintaining skin health. As early as 6,000 years ago, Native Americans treated mangoes as a noble item for enhancing beauty. Today, they are still called the fruit of love. Makes 4 Tartlets

2 cups shredded coconut

1/2 cup cashews, such as Blue Mountain Organics Raw Cashews

1/4 cup teaspoon salt

1/4 cup agave syrup, such as Blue Mountain Organics Raw Agave Nectar

Mango Sorbet





1. To make the crust, combine the coconut, cashews, and salt in the food processor and process to fine powder. Add the agave syrup and process to mix well.

2. To make the tartlet shells, line 4 small tartlet or brioche cups with plastic wrap. Scoop about 2 tablespoons of the crust into each. Using your fingertips, firmly press the crust into the tartlet cup, leaving a cavity in the center to hold the sorbet. Place in the freezer to firm up for at least 30 minutes or more.

3. To serve, scoop 1 tablespoons mango sorbet into each tartlet shell and serve immediately.

4. The tartlet shells will keep in the freezer for many weeks. The assembled tartlets are best enjoyed immediately, but will keep in the freezer for several weeks. Thaw for 5 to 10 minutes before eating.

Mango Sorbet

Makes 4 servings

This recipe calls for frozen mangoes, my favorite fruit. I always prefer fresh everything, so I'll prepare fresh mango a day or two before and then freeze it. Frozen mango from the freezer aisle will work, too.

2 cups chopped frozen mangoes

1 cup filtered water

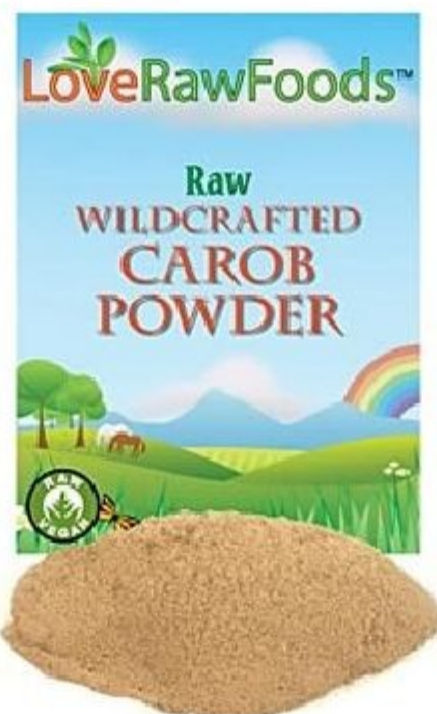
1/3 agave syrup, such as Blue Mountain Organics Raw Agave Nectar

1. Combine the mangoes, water, and agave syrup in the high-speed blender and blend until smooth. Serve immediately. Or, for an icier, more solid texture, scoop into a container and place in the freezer for an hour or more.

2. To make in an ice cream maker: Chill the mixture in the freezer for an hour or so, then scoop into the ice cream maker and follow the manufacturer's instructions. Will keep for several weeks in freezer. Let thaw for 10 minutes before serving.

Try this...

Carob Powder is made from the dried roasted, then ground, pods of the Carob tree. It has a slightly sweet taste. Carob powder is an excellent substitution for Cocoa powder. The flavor is similar and helps with the Chocoholic cravings but eliminates the caffeine. Any recipe calling for cocoa powder can use carob powder instead. Carob is free from caffeine and theobromine which can be addictive and can cause allergies. Carob contains vitamins A, B, B2, B3 and D. It is also high in calcium, phosphorus, potassium and magnesium and contains iron, manganese, barium, copper and nickel. www.bluemountainorganics.com 



Mesquite is a nutritious powder with a sweet, nutty flavor, can be used in baking or as a seasoning on food and in drinks. The flour is ground from the seed pods of the mesquite plant, also known as algarroba, a leguminous plant found in arid areas around the world. Mesquite seed pods have long been used as a food source by the indigenous people. Today, mesquite powder is proving to be a versatile food with a high nutritional and flavor value. Because mesquite flour is ground from the entire pod, including the seed, it is high in protein. It is also rich in lysine, calcium, magnesium, potassium, iron, zinc, and dietary fiber. Mesquite is also highly effective in balancing blood sugar. Because its sugar is in the form of fructose, which does not require insulin for metabolism, mesquite helps maintain a constant blood sugar level for a sustained period of time. It supports the diet of diabetics, and helps maintain a healthy insulin system in others. www.bluemountainorganics.com 



ANI SAYS...

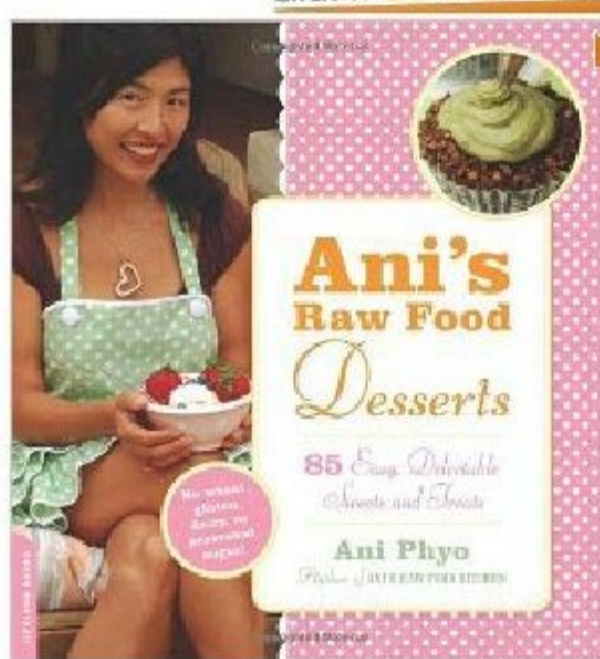
“Nuts and seeds are nutritionally dense powerhouses crammed full of skin enhancing nutrients such as Vitamin A and E. These antioxidants protect our bodies and skin against pollutants in the atmosphere, as well as sun damage and signs of aging. High in protein, they also build strong lean muscle tissue, skin, hair, and nails.

Rich in good fat, nuts, seeds, and their oils reduce wrinkles and keep our complexion nourished, plump, and moist. They even help us lose weight: Coconut is actually a seed, and in the 1940s farmers tried using coconut oil to fatten their animals but discovered it made them lean and active instead.

Acne can be symptom of zinc deficiency. Nuts and seeds are great sources of zinc, so enjoying them often will keep your complexion clear. And, eating nuts boosts brainpower and lowers cholesterol. ”

Get this...

Click to **LOOK INSIDE!**



What: *Ani's Raw Food Desserts: 85 Easy, Delectable Sweets and Treats*

Why:

- * Wheat-free, gluten-free, dairy-free, and processed-sugar-free and cruelty-free recipes of raw desserts.
- * Most recipes are fast, easy, and have no more than six ingredients.
- * Over 75 innovative and delicious dessert recipes from Raspberry Ganache Fudge Cake to Lemon Pudding Filled Coconut Cupcakes with Shaved Coconut Topping, Spiced Blueberry Cobbler to Oatmeal Raisin Cookies.
- * Deceptively simple, these treats pack loads of flavor and nutrition in every bite without sacrificing flavor.
- * It contains lists of essential tools, key ingredients (including "superfoods" that enhance flavor and nutrition), full-color photos, and gorgeous design.

How: www.amazon.com 

ICE



by Krystina Castella

POP

Photography by Emily Brooke Sandor except where noted

When I was a kid, my mom brought home ice pop molds from a Tupperware party. At first I found it strange that grown-ups had parties that celebrated plastics. When we made ice pops using orange juice and fresh strawberries, it hit me - the fascination was the creative possibilities the plastic molds held!

I poured everything I could imagine into the molds; juice, ice cream, pudding, yogurt, candy, fruit, and nuts. Freezing transformed them. To me everything tasted better frozen on a stick. Throughout my teens I made pops as a healthy alternative to ice cream. In college I studied industrial design, a field where I learned even more about plastics and mold-making. This inspired me to think about food, just like plastic and wood, as a material that holds tremendous opportunities for design.

With the popularity of my cookbook **Crazy About Cupcakes** (Sterling 2006), I decided to write about pops as the next fun food follow-up. Partly because of the lifetime of pop-making under my belt, but also because these childhood favorites are a perfect reminder for us to approach life with playfulness, wonder, and a sense of silliness. And just like cupcakes, pops make people smile. When it comes to pops, the possibilities are endless - and so much fun!

ROCKY ROAD PUDDING POPS

From Pops! Icy Treats for Everyone © 2008 By Krystina Castella. Photography © 2008 by Emily Brooke Sandor. Used with permission from Quirk Books, www.irreference.com.

This chocolate, marshmallow, and walnut combination has always been one of my favorites. Sink your teeth into the Rocky Road Pudding Pops (front and center in photo) or try the White Chocolate Macadamia Nut Pudding Pop, Butterscotch Pudding Pops or Pistachio Pudding Pops (back row from right to left).

Makes six 8-ounce pops, or eight 6-ounce pops

*1 cup sugar
1/4 cup dutch process cocoa powder
3/4 cup cornstarch
1/4 teaspoon salt
4 cups milk
4 Tablespoons unsalted butter
2 teaspoons vanilla extract
3/4 cup mini marshmallows
3/4 cup chopped walnuts*

- 1.** In a saucepan, combine the sugar, cocoa powder, cornstarch, and salt.
- 2.** Add the milk and bring to a boil over medium heat, stirring constantly. Remove from the heat as soon as the mixture thickens.
- 3.** Stir in the butter until melted. Add the vanilla. Let cool in refrigerator for 20 minutes.
- 4.** Stir in the marshmallows and nuts.
- 5.** Pour into the pop molds. Insert the sticks. Freeze for at least 8 hours.
- 6.** Remove from the freezer. Let stand at

room temperature for 5 minutes before removing the pops from the molds. Serve, and see if your road doesn't become smoother by the minute!

ALT POPS!

PISTACHIO PUDDING POPS: Omit the cocoa powder and marshmallows. Replace the walnuts with 1-1/2 cup shelled pistachios. In a food processor or blender, grind 3/4 cup of the pistachios to a paste. Stir the pistachio paste into the pudding in step 2. Add 3 drops green food coloring in step 4.

BUTTERSCOTCH PUDDING POPS: Omit the cocoa powder, marshmallows, and nuts. Use brown sugar instead of white sugar. Add 1 cup butterscotch chips in step 4.

CHOCOLATE PUDDINGS POPS: Replace the marshmallows and walnuts with 3/4 cup chocolate chips.

WHITE CHOCOLATE & MACADAMIA NUT PUDDING

POPS: Omit the cocoa powder. Replace the walnuts with macadamia nuts. Add 3/4 cup white chocolate chips in step 4.

TIRAMISU POPS

From Pops! Icy Treats for Everyone © 2008 By Krystina Castella. Photography © 2008 by Emily Brooke Sandor. Used with permission from Quirk Books, www.irreference.com.

Do you have a craving for fancy? In Italian Tiramisu means "pick me up" or "make me





Photography by Vera Shepherd

happy", in tribute to its espresso and chocolate double-threat. The cows that eat a gourmet diet to make this cheese are pretty happy too. They are typically fed special grasses, herbs and flowers that make their milk and the resulting cheese flavorful. If you can find a good mascarpone, these pops will be even more special.

Makes six 8-ounce pops, or eight 6-ounce pops

1 cup ladyfinger cookies, crushed
½ cup coffee
½ ladyfinger cookie per pop
2 cups mascarpone cheese
2 cups heavy cream
1 cup confectioners' sugar
1 teaspoon vanilla extract
2 Tablespoons Dutch process cocoa

- 1.** Crush the ladyfingers in a food processor or blender until they reach 1 cup measurement. Add coffee and set aside.
- 2.** Place a ½ ladyfinger in the end of each pop stick. Set aside.
- 3.** Process the mascarpone cheese in a food processor or blender for a few pulses until smooth. Do not overbeat. Add the heavy cream, sugar, and vanilla. Process until creamy.
- 4.** Pour a layer of mascarpone mixture into pop mold until ¼ full. Divide the ladyfinger coffee mixture to each pop mold.
- 5.** Insert the stick with ladyfinger. Add another layer of mascarpone mixture until the mold is full. Sprinkle on some cocoa. Freeze for 8 hours. Ready for happiness.

MARGARITA POPS

From Pops! Icy Treats for Everyone © 2008 By Krystina Castella. Photography © 2008 by Emily Brooke Sandor. Used with permission from Quirk Books, www.irreference.com.

Margarita Pops don't need to be reserved for invited guests. These are a staple at our house, always waiting for us to enjoy out on the patio after a long day. I prefer mine dipped in salt, as described in the recipe below; my husband enjoys his on the rocks, without. We pair them with our favorite Mexican dishes: tacos, carnitas, enchiladas, and carne asada.

Makes 24 two-ounce ice cube-tray pops, six 8-ounce pops, or eight 6-ounce pops

1 lime, peeled and cut into thin slices
1/2 lemon, peeled, seeded, and cut into thin slices
1-1/2 cups fresh lime juice
1-1/2 cups fresh lemon juice
5 Tablespoons Triple Sec
2 Tablespoons Tequila
1-1/2 cups ice cubes
1/4 cup light corn syrup
Salt for the pop rims (optional)

1. In a food processor or blender, combine the lime and lemon slices and juices, triple sec, tequila, and ice cubes. Process until smooth.

2. Fill the pop molds with the mixture. Insert the sticks. Freeze for at least 12 hours.

3. Remove from the freezer; let stand at room temperature for 5 minutes before removing the pops from the molds.

4. Brush corn syrup on the rim of each pop. Dip the rim into salt (to taste). Serve these pops on a plate of rock salt.

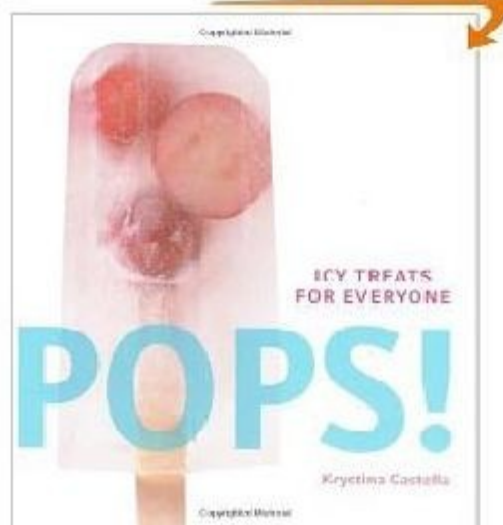


Editor's Notes:

You can substitute corn syrup for agave nectar.

Read this...

Click to **LOOK INSIDE!**



WHAT... Pops! Icy Treats for Everyone by Krystina Castella

WHO... Krystina Castella creates books and products that inspire play. She lives and works near Los Angeles as a writer, industrial designer, and professor at Art Center College of Design.

WHY...

- * First-ever ice pop compendium including more than 100 recipes with unique tastes and flavor combinations, such as Sour Plum, Thai Iced Tea, Sweet Martini, Root Beer Float and Blueberry Cheesecake.

- * Six chapters including Healthy Energy Pops, Juicy Pops, Soda Fountain Pops, Cream and Pudding Pops, Coffee & Tea Pops, and Cocktail Pops.

- * More than 50 full-color photographs and fun tips on how to keep your sticks straight, pulling off a perfect presentation and how to say ice pop in over a dozen languages.

- * Recipes for global ices from Mexico, India, Italy and the Philippines are part of the mix too.

- * Innovative techniques for making ice molds from found objects, household items, ice cube trays and even small toys.

WHERE... www.amazon.com 

Photography by Vera Shepherd

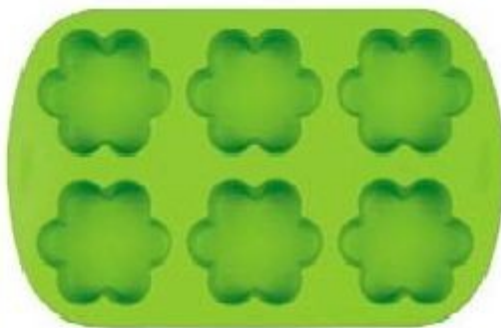
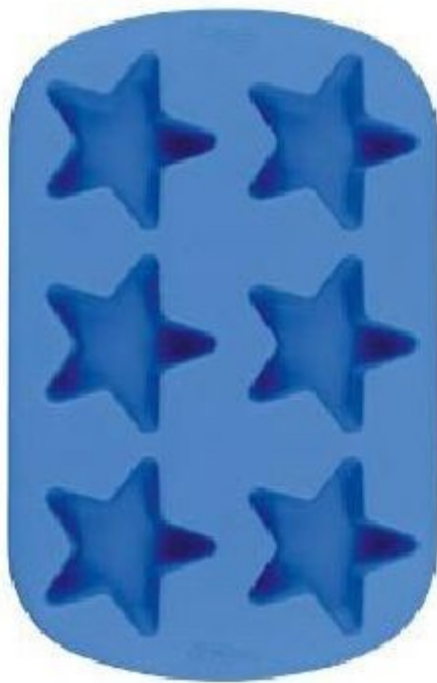
Get this...

Think out side of the box...these ice molds make great pops!



>>> **Ice Kebob** by
Fred and Friends 

<<< **Perfect
Cube
Silicone
Ice Cube
Tray** by
Tovolo 



>>> **6-Cavity
Silicone Mold
Pan** by Wilton 

<<< **Silicone Ice Cube
Tray** by Lekue 





MOLD it!

Gelato, ice creams and sorbetto homemade or store-bought can easily be molded and transformed into cool fun treats.

recipes and photography by vera shepherd except where noted

Get this...

Kids and adults alike will enjoy these fun shaped pop molds!

GROOVY
Ice Pop
Molds by
Tovolo 

=



+



+



=

ROCKET
Dual Freeze
Pop Molds by
Tovolo 

STAR
Dual Freeze
Pop Molds
by Tovolo 

=



+



Strawberry Sorbetto Pops

Makes 6 to 8 servings

Perfectly ripe, fragrant strawberries make the best summer pop of all. It's refreshing and tastes intensely of strawberries. It is easy and quick, and you'll need only five ingredients!

One pound hulled strawberries, fresh or frozen

Juice of one lemon

Pinch of sea salt

1/2 cup fine granulated white sugar

2 Tablespoons mild honey

In a blender or food processor, add all the ingredients. Purée until smooth. (Pour through a fine sieve over a bowl if you wish to remove the seeds.) Cover the bowl and place in the refrigerator overnight. Pour into an ice-cream maker and churn following the manufacturer's directions. Then, pour in pop molds; tap lightly on the counter to remove the bubbles and place in the freezer until firm.

Variations:

Chocolate Dipped Strawberry Pops:

Dip the pops in coating chocolate; recipe on page 57.

Strawberry 'N Cream Pops: Pack store-bought or homemade vanilla ice cream in the pop mold filling each one-third full. Freeze until firm. Top with a thin layer of the strawberry mixture filling each one-third full. Freeze until firm. Spread the vanilla ice cream on top of the strawberry filling to the top of the mold. Freeze until firm.





Melted coconut oil...

Coating Chocolate

This is so easy to make and it is dairy-free. I love the aroma of coconut in the coconut oil. Do not use hydrogenated coconut oil instead use raw coconut oil, it is semi-solid at room temperature.

You can also use cocoa butter. Cut the cocoa butter into small pieces and melt the same way as the coconut oil.

Use a good quality cocoa powder. If you prefer you can use agave nectar or a mild honey instead of corn syrup. It is best eaten on the same day the pops are coated.

2 cups coconut oil, preferably LoveRawFoods™, Raw Organic Centrifuged Coconut Oil

3/4 cup unsweetened cocoa powder, preferably Dutch-processed

1 cup melted semisweet chocolate (optional)

1/4 cup corn syrup, or to taste

1 teaspoon pure vanilla extract, or to taste (optional)

Melt the coconut oil by placing the coconut oil in a bowl over a double boiler filled with hot water stirring occasionally until completely melted. Remove the bowl; slowly add the cocoa powder on top of the coconut oil while whisking until smooth. Add melted chocolate, corn syrup, vanilla extract, and whisk until well combined. It is ready for dipping. Pour leftover into a container, cover and keep refrigerated for up to a month.



Add cocoa powder...



Stir until smooth...

Try this...



WHAT... LoveRawFoods™ Raw Organic Centrifuged Coconut Oil

WHO... Blue Mountain Organics is a mission-focused company, founded to demonstrate the holistic and symbiotic relationship between people, food, and environment and between worker and business. They accomplish these goals by bringing the most deliciously raw and pure organic products sourced from the most fair and conscious providers. They commit to working towards a more harmonious and sustainable world.

WHY...

- * LoveRawFoods™ extra virgin coconut oil comes directly from certified organic coconuts in India, using a low heat process called centrifuge extraction, allowing maximum retention of nutrients and live enzymes.
- * This method of extraction is considered one of the purest of all methods of oil extraction.
- * Unrefined coconut oil consists of approximately 50% of a medium chain fatty acid called lauric acid.
- * A variety of health benefits, including anti-viral and antimicrobial properties, have been attributed to unrefined coconut oil high lauric acid content. The only other naturally occurring source higher in lauric acid is breast milk.
- * Raw, Vegan, Superfoods
- * No Preservatives, Non-GMO
- * Made to order in small batches and in a peanut-free facility
- * Certified Kosher by Earth Kosher
- * Certified Organic by Stellar Certification Services

WHERE... www.bluemountainorganics.com 



**Chocolate Dipped
Strawberry Pop**

Get this...

WHAT... Cold Molds™ pop molds

WHO... The Cold Molds™ line of flexible, siliconized rubber molds was originally developed by Russ L'Hommedieu, owner of "Pirate's Cove Ice Cream", in Southold, NY. Russ sold the Cold Molds™ company to Steve Reppucci, of Mad Maggie's Ice Cream. Cold Molds™ now has the space to grow, along with a new owner who's a fervent fan of the Cold Molds™ products, and ready to help other ice cream shop owners learn how the Cold Molds™ products can help them make their stores more profitable.

WHY...

- * The large opening on the surface of these molds makes it easy to pour thick, creamy mixtures.
- * Cold Molds™ are manufactured using pure silicon rubber, and are specially designed to freeze "soft" so that removing frozen cakes or popsicles are exceptionally easy!
- * Cold Molds™ are practically indestructible. As long as you don't cut or puncture them, you will find that they last forever. Long after you've tossed away those old metal molds that will dent, tarnish, break, etc, your Cold Molds™ will still look like new.

WHERE... www.coldmolds.com 



Strawberry 'N Cream Pop

Strawberry Shortcake Baked Alaska

These individual desserts are ideal for entertaining because they can be made one day ahead and stored in the freezer. Although you can create the meringue swirls and peaks with a table knife or a spoon, an offset spatula works best. You will not need the whole pound cake for this recipe. This pound cake freezes well; wrap with plastic wrap and foil for up to one month. Feel free to use store-bought pound cake, ice cream and sorbet. The kitchen torch works best. Makes 4 servings

1-1/2 pint vanilla ice cream

1-1/2 pint strawberry sorbet (recipe on p.51)

1-1/2 pint strawberry ice cream

Pound cake (recipe follows)

Meringue (recipe follows)

1. Cut pound cake about 5-inch crosswise; then cut lengthwise to make 1/2-inch thick slices. Cut 4 circles from slices using a 3-inch round cookie cutter.
2. Line four 8 oz. ramekins with plastic wrap, leaving about 2-inch overhang. Pack about 1/4 cup vanilla ice cream into bottom of each ramekin. Top with about 1/4 cup strawberry sorbet, then 1/4 cup strawberry ice cream. Top with one cake circle; cover each with plastic, and freeze overnight.
3. To unmold, let cakes stand for about 2 to 3 minutes at room temperature. Using plastic overhang, pull cakes onto a parchment-lined baking sheet. Cover and freeze, while making the meringue.

Meringue

*1/2 cup fine granulated white sugar
2 large egg whites
1/4 teaspoon cream of tartar
1/2 teaspoon pure vanilla extract*

*2 sticks (1 cup) unsalted butter,
softened
1-1/2 cups fine granulated white
sugar
3 large eggs, at room temperature*

1. Bring a saucepan large enough that will fit a metal bowl over it with 2-inch of water to a simmer. Place sugar, egg whites and cream of tartar in the metal bowl. Set the bowl over the simmering water and beat with a handheld mixer at low speed or until an instant-read thermometer registers 140°F.

2. Remove bowl from heat increase speed to high and beat until cool. When peaks form, beat in vanilla.

3. Remove cakes from freezer, and quickly spread with meringue, swirling to make peaks. Using a handheld kitchen torch move flame back and forth until meringue begins to brown. Alternatively, heat oven to 500°F. Place cakes on top rack until meringue begins to brown, about 1 to 2 minutes. Serve immediately.

Pound Cake

*2 cups all-purpose flour
1/2 teaspoon baking powder
1/4 teaspoon salt
3 teaspoons pure vanilla extract
1/2 cup heavy cream, at room
temperature*

1. Preheat oven to 350°F. Generously butter and flour 9-inch loaf pan; tap out excess flour.

2. In a bowl, sift together the flour, baking powder, and salt. In the liquid measuring cup, mix vanilla with the cream, set aside.

3. In a large bowl beat together butter and sugar with an electric mixer at medium-high speed until light and fluffy. Add eggs one at a time, beating well after each addition, scraping the sides and bottom of the bowl as needed.

4. Reduce speed to low and add half of the flour mixture; mixing until combined. Add the cream mixture and mix until combined. Add the remaining flour mixture and mix until just incorporated.

5. Scrape batter into loaf pan and bake until golden and a wooden pick or skewer inserted in center comes out with little crumbs adhering, about 55 to 60 minutes. Cool cake in pan on a rack 30 minutes; transfer cake to a wire rack to cool completely.

Orange 'N Cream Pops

If you enjoy the refreshing flavor of orange, you'll love our interpretation of Popsicle® Creamsicle® and Nestlé® Push-Up® without the additives and preservatives. If you cannot find creme fraiche use sour cream or yogurt, preferably made with whole milk. Try with tangerines or blood oranges instead of regular oranges.

3/4 cup fine granulated white sugar

2 Tablespoons finely grated organic fresh orange zest

1/4 teaspoon sea salt

2 cups freshly squeezed orange juice

1 Tablespoon freshly squeezed lemon juice

1 teaspoon pure vanilla extract

1 cup chilled whole milk

1/2 cup chilled creme fraiche

1. In blender, add the ingredients except the milk and creme fraiche; blend until the sugar is completely dissolved. Pour the mixture into a bowl and whisk in the milk and creme fraiche until well blended. Cover the bowl and place in the refrigerator until well chilled, about 4 to 6 hours.

2. Pour the mixture into an ice cream maker and churn according to manufacturer's directions. Pour in the pop molds tap lightly on the counter to remove any bubbles and place in the freezer until firm.



Get this...



WHAT... Cool Cones™

WHO... Since 1974 Jokari® has developed a proven line of patented products for the home and introduced several exciting products from organizing your kitchen and bath to making food prep easier; and, sold in over 20 countries around the world.

HOW... Simply scoop up the ice cream straight from the carton and push it up through the tube as you eat.

WHY...

- * Cool Cones makes it easy to have frozen treats without the mess! No need for bowls or spoons!
- * Protective cap saves portions for later and doubles as a stand when eating.
- * Easy to clean.
- * Reuseable!

WHERE... www.amazon.com or www.jokari.com 

Maple Ice Cream Wafer Cookie Sandwiches

Thin crispy cinnamon wafer cookies filled with creamy smooth maple ice cream. We adapted the plain base recipe from *The Ciao Bella Book of Gelato & Sorbetto: Bold, Fresh Flavors to Make at Home*. We decreased the sugar in the base and added grade B maple syrup for its deeper and richer flavor. To get the perfectly round ice cream, we used the round **Cold Molds™** to mold the ice cream. Alternatively, you can spread the ice cream in a baking pan lined with parchment paper and cut the ice cream with a cookie cutter. You can use store-bought stroopwafels or pizzelle cookies. *Makes about 8 to 10 sandwiches.*



Maple Ice Cream

2 cups whole milk

1 cup heavy cream

4 large egg yolks

1/3 cup sugar

1/2 cup maple syrup, preferably grade B

1. In a heavy-bottom saucepan, combine the milk and cream. Place over medium-low heat and cook, stirring occasionally so a skin doesn't form, until tiny bubbles start to form around the edges and the mixture reaches a temperature of 170°F.

2. Meanwhile, in a medium heat-proof bowl, whisk the egg yolks until smooth. Gradually whisk in the sugar until it is well incorporated and the mixture is thick and pale yellow. Temper the egg yolks by very slowly pouring in the hot milk mixture while whisking continuously. Return the custard to the saucepan and place over low heat. Cook, stirring frequently with a wooden spoon, until the custard is thick enough to coat the back of the spoon and it reaches a temperature of 185°F. Do not bring to a boil.

3. Pour the mixture through a fine-mesh strainer into a clean bowl and let cool to room temperature, stirring every 5 minutes or so. To cool the custard quickly, make an ice bath by filling a large bowl with ice and water and placing the bowl with the custard in it; stir the custard until cooled. Once completely cooled, add the maple syrup and mix until well combined. Cover and refrigerate until very cold, at least 4 hours or overnight.

4. Pour the mixture into the container of an ice cream machine and churn according to the manufacturer's instructions. Spoon the ice cream into molds or container and place in the freezer until firm.

5. To assemble the ice cream sandwiches, place the ice cream on one cut surface, top with another cookie and gently squeeze together. Serve immediately or wrap in plastic food wrap or foil and freeze until ready to serve.

Wafer Cookies

These cookies are best made using a **Palmer Belgian Cookie Iron, Model 1110** for its thin small gridlike imprint. However, you can also use a pizelle or a waffle cone iron. Makes about 35 to 40 cookies.

3 Tablespoons whole milk

1 cup unsalted butter

1/4 cup packed light brown sugar

1/4 cup fine granulated white sugar

Pinch of salt

3 teaspoons ground cinnamon

2 to 3 cups all purpose flour (more or less, depending on other moisture in the dough)

1 large egg

1. In a bowl, mix the sugar, salt and cinnamon with a whisk; set aside.

2. In a mixer bowl, add the butter mix with an electric mixer fitted with the paddle attachment mix until creamy and light on medium speed. Turn the speed to low and slowly add the sugar mixture. Mix in the egg, milk, and flour in the following order mixing well after each addition.

3. Heat the electric iron and oil lightly. Roll about 1-1/4 ounce dough into small balls, place the dough in center of heated iron and bake for one minute.

4. Remove from iron, place flat on counter. Quickly slice the cookie horizontally into two thin wafers and trim the edges with a 3-inch round cookie cutter. Let it cool completely before filling with ice cream.

Get this... [or that...]



**Chef's Choice
835 Pizzelle Pro
Express Bake**

**Palmer Electric
Belgian Cookie
Iron (Model 1110)**



Lemon Ice Cream Sandwiches with Raspberry Swirl

Recipe and photograph by Susan Filson

There is something magical about an ice cream sandwich that can reduce even the biggest stuffed shirt into a delighted, giggling child. Maybe it's because you have to eat them with your hands. It's kind of hard to look very dignified with ice cream dribbling down your chin and damp cookie bits stuck to your fingers. For some, it may bring back warm, fuzzy memories of the carefree days of youth. Perhaps both. Whatever the reason, ice cream sandwiches are a quintessential and universally loved summertime treat.

The recipe is actually quite easy. You don't even have to make homemade ice cream, although I highly recommend it. While it does take some extra time to make your own ice cream, it also eliminates the time needed to soften the store-bought ice cream.

I made my favorite Philadelphia-style vanilla ice cream for these and just swirled the fruit compote in it right out of the ice cream maker. Philadelphia-style ice cream is made without egg yolks and doesn't require any cooking. It freezes firmer and has a lighter texture. For that reason, I prefer it when making fruity ice creams. It was perfect for these ice cream sandwiches.

The Lemon Ice Cream Sandwiches with Raspberry Swirl turned out beautifully! The ice cream itself was rich and creamy with a subtle pop

of bright, lemon flavor. The raspberry compote was just enough to complement the ice cream without overpowering it. And, the cookies were light and crisp, but really held up to the task of containing the ice cream filling.

Lemon Ice Cream

2 pints good quality vanilla ice cream, store-bought or homemade (recipe follows)

1 Tablespoon grated lemon zest

2 Tablespoons fresh lemon juice

2 Tablespoons Limoncello

1. Transfer ice cream to a microwave-safe bowl and microwave at 30 percent power in 10-second intervals, stirring, until softened, about 50 seconds total (see note).

2. Stir in lemon zest, juice and Limoncello. Spread ice cream thinly in a 13- by 9-inch baking dish and freeze while making compote and sandwich layers.

Raspberry Compote

2 cups raspberries (10 ounces)

1/4 cup sugar

2 (3- by 2 1/2-inch) strips lemon zest

1 Tablespoon fresh lemon juice

2 teaspoons cornstarch

1. Cook blueberries, sugar, and zest in a 12-inch heavy skillet over medium-high heat, thoroughly crushing raspberries with a potato masher, until juices are released and sugar has dissolved, about 2 minutes.

2. Stir together lemon juice and cornstarch, then stir into raspberry mixture. Boil, stirring, 1 minute until mixture thickens.

Transfer compote to a bowl and chill until cold, about 1 hour. Discard lemon zest.

Sandwich Layer Cookies

1 cup all-purpose flour
1/2 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
1/2 teaspoon ground ginger
1 stick unsalted butter, softened
3/4 cup packed light brown sugar
1 large egg
1/2 teaspoon pure vanilla extract

Equipment:

2 (8-inch) square baking pans (2 inches deep)
Small offset spatula

1. Preheat oven to 375°F with rack in middle. Butter baking pans and line with foil, leaving a 1-inch overhang on each side, then butter foil.

2. Whisk together flour, baking powder, baking soda, ground ginger and salt in a small bowl. Beat together butter and brown sugar in another bowl with an electric mixer at medium-high speed until pale and fluffy, about 3 minutes.

3. Beat in egg and vanilla. At low speed, add flour mixture in 2 batches, mixing until just combined.

4. Divide batter between baking pans and spread into thin, even layers with offset spatula. Bake until golden-brown but still tender, 10 to 12 minutes. Cool completely in pans, about 30 minutes.

Philadelphia-Style Vanilla Ice Cream

adapted from **The Perfect Scoop** by David Lebovitz

Makes about 1 quart of ice cream

2 cups heavy cream and 1 cup whole milk

3/4 cup sugar

Pinch of salt

1 vanilla bean, split in half lengthwise

1 teaspoon pure vanilla extract

1. Pour 1 cup of the cream into a medium saucepan and add the sugar and salt. Scrape the seeds from the vanilla bean into the saucepan and add the pod to the pot. Warm over medium heat, stirring, until the sugar is dissolved.

2. Remove from the heat and add the remaining cream, milk and the vanilla extract.

3. Chill the mixture thoroughly in the refrigerator. When ready to churn, remove the vanilla bean and freeze the mixture in your ice cream maker according to the manufacturer's instructions.

To assemble, add dollop tablespoons of blueberry compote all over ice cream, then swirl it gently through ice cream with a spoon. Spoon all of ice cream over 1 sandwich layer (in pan) and spread evenly using clean offset spatula.

Invert second sandwich layer over ice cream, pressing gently to form an even sandwich. Wrap baking pan in plastic wrap and freeze until firm, at least 2 hours. Transfer sandwich to a cutting board using overhang. Trim edges if desired, then cut into 8 pieces.

Susan's Notes: If you don't have a microwave, ice cream can be softened at room temperature. Ice cream sandwiches (before cutting) can be made 1 week ahead and frozen in pan, wrapped in plastic wrap and then in foil.

Susan of *Sticky, Gooey, Creamy and Chewy*, blogs from sunny Florida. She loves to cook, bake, write and most of all, EAT! 



"sinfully good..."



S'mores Ice Cream Sandwiches

No need to build a fire to make these S'mores... creamy roasted marshmallow ice cream sandwich between two graham cookies then dipped or drizzled with chocolate sauce making it ooey gooey delicious. *Makes about 6 sandwiches.*

Roasted Marshmallow Ice Cream

*25 large marshmallows
1 cup whole milk
1/2 cup fine granulated white sugar
1 Tablespoon pure vanilla extract
1 cup well chilled heavy cream*

1. Preheat the broiler. Line a large baking sheet with a lightly greased parchment paper. Broil until toasted all over. Add the marshmallows, sugar, and milk in a saucepan, cook over medium heat stirring constantly with a whisk until melted. Remove from heat, add vanilla. Pour through a fine sieve. Let it cool completely until slightly thicken.

2. Add the heavy cream and mix with a whisk until well combined. Pour into the ice cream maker and follow the manufacturer's directions. Transfer the mixture in a baking pan lined with parchment paper. Cover with plastic wrap and freeze until firm.

3. To make the sandwiches, cut

the ice cream with the same size square cookie cutter used to cut the cookies and place on top of one cookie, top with another cookie and gently squeeze together. Serve immediately with milk chocolate sauce or wrap in plastic food wrap or foil and freeze until ready to serve.

Graham Cookies

*1-1/2 sticks unsalted butter, at room temperature
1/2 cup firmly packed light brown sugar
1/4 cup mild honey
2 cups whole wheat flour
1/2 cup all-purpose flour, plus more for dusting
1 teaspoon salt*

1. Line an 11-by-17-inch baking sheet with parchment paper or silicone mat. In a mixer bowl, beat the butter with the brown sugar and honey at medium speed until pale and fluffy, about 2 minutes. Add the whole wheat flour, all-purpose flour and the salt and mix at low speed until just combined.

2. Turn the dough out onto the prepared baking sheet and pat it into a rectangle. Lightly dust the dough with flour and roll it out to a 1/4-inch thickness. Cut the dough using a square cookie cutter. Prick dough with a wooden skewer to create holes. Refrigerate until firm, about 30 to 60 minutes.

3. Preheat the oven to 325°F. Bake until golden brown, 17 to 19 minutes. Let cool on sheet for 10 minutes. Transfer crackers to wire racks to cool completely.



Chocolate Sauce

*3/4 cup heavy cream
1 cup milk or semi-sweet
chocolate, finely chopped
1/4 teaspoon pure vanilla
extract*

In a small saucepan, add heavy cream and cook over medium-high heat until it comes to a boil. Remove from heat. Add the chocolate, vanilla and stir slowly until smooth. Pour the sauce into a serving container and let stand until cooled slightly, about 30 minutes.

Editor's Notes:

The graham cookies can be stored in an airtight container for up to three days. The chocolate sauce can be refrigerated for up to 5 days.

Waste Not....: Reuse a clean one quart milk/cream container to mold the ice cream; cut the top of the container off. When ready to serve peel off the container paper and just slice the ice cream. The perfect size. The color and flavor of the ice cream will depend on how toasted are the marshmallows.

Root Beer Float Pops

Root-beer float is made with just a few scoops of ice cream adrift in a tall glass of soda. We made it into a pop. This recipe can also be made with sarsaparilla, a variant of root beer with a slightly stronger taste. Use store-bought or homemade vanilla ice cream. This recipe will make about eight pops using the Rocket Dual Freeze Pop Molds by Tovolo.

*One pint vanilla ice cream,
good-quality store-bought or
homemade, slightly soften
One 12 oz bottle Root Beer*

1. Pour the root beer in a bowl, refrigerate and let all the gas dissipate before using. Spoon some soften ice cream in the pop mold. Slowly fill with root beer leaving about 1/4 inch of space at the top. Remove any foam with a spoon. Freeze until firm.
2. If using Tovolo Rocket Dual Freeze Pop Molds, add the root beer then place the insert and freeze until firm. Remove the insert and add soften ice cream in the center; tap on the center to remove any bubbles. Freeze until firm before unmolding.

Variations:

Chocolate Ice Cream Soda Pop:

Add chocolate syrup, ice cream and unflavoured carbonated water.

Boston Cooler Pop: Add ginger ale and vanilla ice cream.

Snow White Pop: Add 7Up or Sprite and vanilla ice cream.

Coke Float Pop: Add Coca-Cola and vanilla ice cream.

Purple Cow Pop: Add purple grape soda and vanilla ice cream.



**Creamy ice cream
in the center!**

Affogato Pops

An affogato is a easy and simple frozen Italian dessert made with espresso poured over vanilla ice cream. Here's our version of this classic on a stick. This is my afternoon "pick me up". My husband calls this pop, "My Morning Cup of Joe". I like to add a dash of Sambuca or Frangelico liqueur in the espresso. You can add more or less coffee or ice cream. This recipe will make about four pops using the Groovy Ice Pop Molds by Tovolo.

*One pint vanilla ice cream,
good-quality store-bought
or homemade, slightly
soften*

*1/2 cup espresso, chilled
4 Tablespoons sugar*

1. Mix the sugar and espresso. Add ice cream until it is 1/2 full; packing tightly. Freeze to firm. Pour cold espresso in each mold leaving about 1/4-inch space. Freeze until firm.

2. If using Tovolo Star Dual freeze Pop Molds. Spoon ice cream in the mold. Place the insert and firmly tap on the counter to remove any bubbles. Freeze until firm. Remove the insert and pour espresso leaving about 1/4-inch space. Freeze until firm before unmolding.

Get this...



**Espresso in the
center!**

from the
FOUNTAIN...

**Refresh this summer with ice cream soda.
Making your own fresh real fruit soda has
never be easier!**

Recipes and Photography by Vera Shepherd

Peach Melba Ice Cream Soda

Peach Melba is a classic dessert, invented by the French chef Auguste Escoffier at the Savoy Hotel, London, made with peaches, raspberry sauce and served with vanilla ice cream. We made into a refreshing ice cream soda by combining raspberry syrup, peach gelato, and chilled carbonated water. I like to add a few tablespoons of raspberry liqueur. Makes 2 servings

1 pint slightly softened peach ice cream or gelato, store-bought or homemade (recipe p.92)

1/4 cup raspberry syrup, or to taste

1 cup chilled seltzer

Pour 3 tablespoons raspberry syrup in two tall 8 oz. glasses. Add 1/4 cup of chilled seltzer. Mix well. Add a few scoops of peach ice cream in each glass. Top with the remaining seltzer dividing between the glasses. Serve immediately. Top with whipped cream and drizzle with more syrup, if desired.

Raspberry Syrup

2 cups raspberries, fresh or frozen

3/4 cup fine granulated white sugar

1 Tablespoon freshly squeezed lemon

In a heatproof bowl, gently mix the raspberries, sugar, and lemon juice. Cover tightly with plastic food wrap and place over a pan of simmering water. Simmer for 60 minutes and pour the mixture over a fine-mesh sieve. Press lightly the raspberries to release all of the liquid. Cover and refrigerate the syrup until ready to use. (Waste Not... Use raspberries pulp to make a smoothie, shake, ice cream, or sorbet.)

DID YOU KNOW...?

Ginger is an ancient remedy for upset stomach, indigestion, motion sickness and cramps, and that's just the beginning. This wonderful food additive can also help reduce fevers, relieve pain, reduce inflammation and help remove toxins from the body. Ginger is rich in volatile oils, beta-carotene, essential fatty acids, amino acids, resins, potassium, iron, magnesium, manganese, phosphorus, selenium, zinc, B-vitamins, vitamins A and C.

FYI: June 20th is National Ice Cream Soda Day



Boston Cooler

A Boston Cooler is an ice cream soda made with Vernor Ginger Ale (invented in 1866 by James Vernor, a Detroit pharmacist) and vanilla ice cream, although in other parts of the country, different combinations of ingredients are used in a Boston Cooler. Fred Sanders from Detroit, Michigan is credited with inventing this ice cream soda. We made our own ginger ale by making ginger syrup and adding carbonated water. Of course, you can use your favorite store-bought ginger ale. Makes 2 servings

1/2 cup Ginger Syrup (recipe follows)
1 cup chilled seltzer
1 pint slightly softened vanilla ice cream

Place ginger syrup in a large pitcher; stir in 1/4 cup seltzer. Place 1 to 2 scoops vanilla ice cream in each glasses. Top with the remaining seltzer dividing between the glasses. Pour chilled seltzer to fill glasses. Serve immediately.

Ginger Syrup

3/4 cup fine granulated white sugar
1 Tablespoon firmly packed brown sugar
1 cup filtered water
One 3-inch piece fresh ginger, peeled and pounded
Juice of one lemon, seeded and strained

Place sugars, ginger, lemon juice and water in a medium saucepan; bring to a boil. Reduce to a simmer for about 30 to 45 minutes. Strain and let it cool. Store in an airtight container, refrigerated, up to a week.

Peach Gelato

Since we love the base recipe from *The Ciao Bella Book of Gelato & Sorbetto: Bold, Fresh Flavors to Make at Home*, we added peach puree and liqueur to make it peachy.

2 cups whole milk
1 cup heavy cream
4 large egg yolks
2/3 cup fine granulated white sugar
1 cup peach puree, preferably fresh
1/4 teaspoon pure vanilla extract
Juice of half lemon
2 Tablespoons Peach liqueur (optional)

1. In a heavy-bottomed saucepan, combine the milk and cream. Place over medium-low heat and cook, stirring occasionally so a skin doesn't form, until tiny bubbles start to form around the edges and the mixture reaches a temperature of 170°F.

2. Meanwhile, in a medium heat-proof bowl, whisk the egg yolks until smooth. Gradually whisk in the sugar until it is well incorporated and the mixture is thick and pale yellow. Temper the egg yolks by very slowly pouring in the hot milk mixture while whisking continuously. Return the custard to the saucepan and place over low heat. Cook, stirring frequently with a wooden spoon, until the custard is thick enough to coat the back of the spoon and it reaches a temperature of 185°F.



Do not bring to a boil.

3. Pour the mixture through a fine-mesh strainer into a clean bowl. Mix in the peach puree, liqueur (if using) and vanilla. Let cool to room temperature, stirring every 5 minutes or so. To cool the custard quickly, make an ice bath by filling a large bowl with ice and water and placing the bowl with the custard in it; stir the custard until cooled. Once completely cooled, cover and refrigerate until very cold, at least 4 hours or overnight.

4. Pour the mixture into the container of an ice cream machine and churn according to the manufacturer's instructions. After the ice cream begins to stiffen, add the reserved peaches and continue to freeze until done. Transfer the ice cream into a container and place in the freezer until firm enough to scoop.



Blue Cow

A brown cow is an ice cream soda made with root beer and a few scoops of vanilla ice cream. Our variation on this ice cream soda, is made with blueberry soda poured into a tall glass and a few scoop of vanilla ice cream. Hence, it is only fitting to call it "blue cow". Makes 2 servings

One pint slightly softened
vanilla ice cream

6 Tablespoons blueberry
syrup

1 cup chilled seltzer

Pour 3 tablespoons blueberry syrup in two tall glasses. Add 1/4 cup chilled seltzer in each glass. Mix well. Add a few scoops of ice cream in each glass. Top with the remaining seltzer dividing between the glasses. Top with whipped cream and drizzle with more syrup, if desired. Serve immediately with a straw and spoon.

Blueberry Syrup

2 cups blueberries, fresh or frozen

1/4 cup filtered water

1/2 cup sugar

1 Tablespoon freshly squeezed lemon

In a saucepan, cook all the ingredients over medium heat, stirring occasionally, until berries release their juices. Turn the heat down and simmer for 15 minutes. Strain into bowl and press on the berries to squeeze out juices. Let it cool. Store covered in the refrigerator for up to 2 weeks.

Try this...



Maine Root blueberry soda 🍷

WASTE NOT...

**Endurance
Drink Straws**
(set of 4)
are reusable
and made of
stainless steel

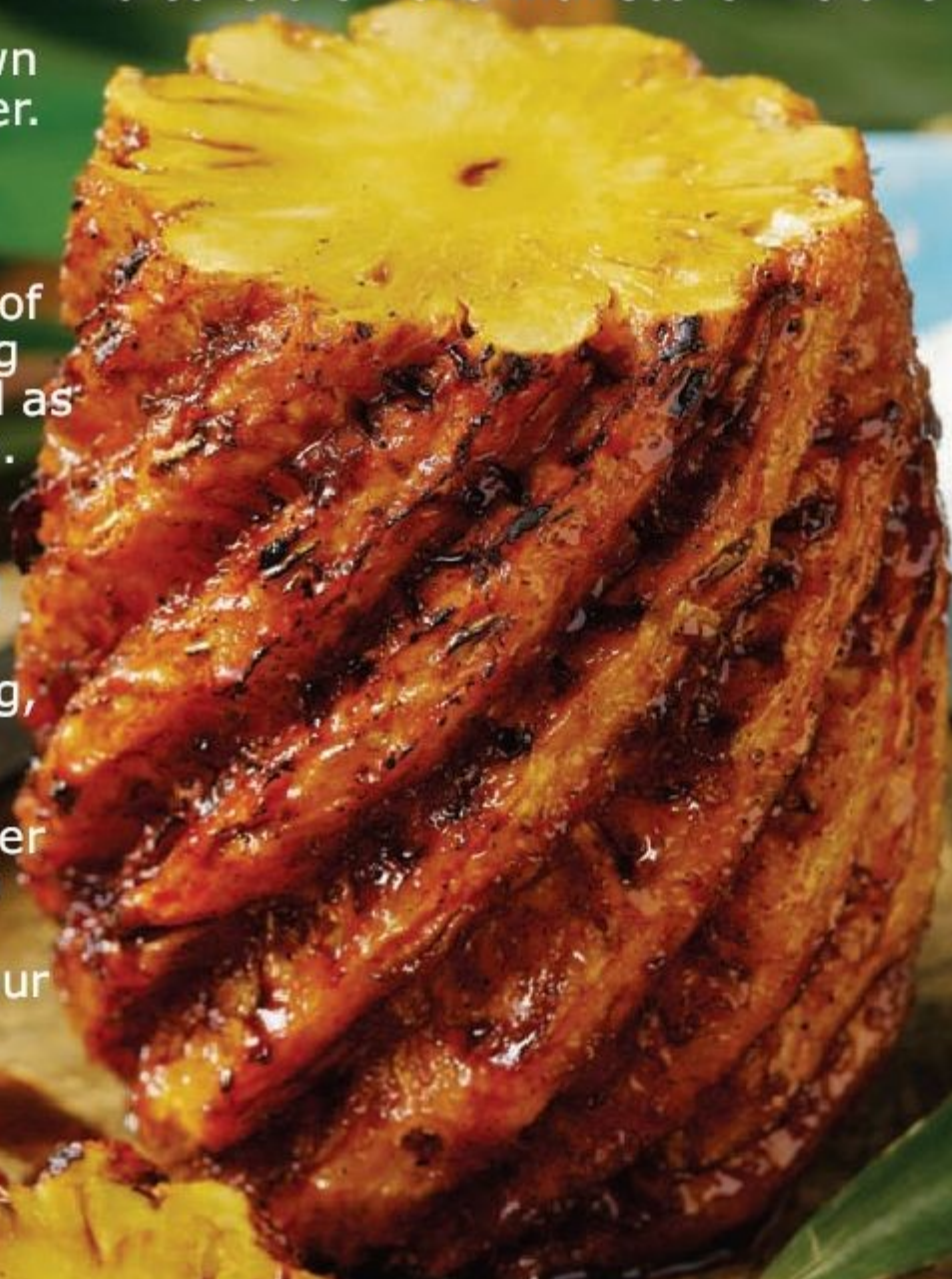


This summer turn off the oven, go outside, and...

GRILL IT!

...around the world with Steven Raichlen

Steven Raichlen is known as America's Grill Meister. In **BBQ USA**, Steven travelled all across America collecting over 450 recipes of the best of regional live-fire cooking from every state as well as Canada and Puerto Rico. In **Planet Barbecue!**, Steven latest book, he visited 60 countries and collected 309 of the tastiest, most tantalizing, easy-to-make, and guaranteed-to-wow recipes from every corner of the globe. Take a trip with Steven around the world and try some of our favorite Steven's grilled dessert recipes.



recipes by Steven Raichlen
photography by Ben Fink
except where noted



Brazil

From Planet Barbecue!: 309 Recipes, 60 Countries
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Publishing Company.

Where: Porto Alegre, Brazil

What: A whole pineapple crusted with cinnamon sugar and caramelized on the rotisserie—like a pineapple upside-down cake, but without the cake

How: Spit roasting

Just the Facts: You'll need a screaming-hot rotisserie to achieve the proper caramelization of the sugar and pineapple. If you have a gas grill with an infrared rotisserie, you're in luck. A three-burner gas grill (with the center burner running directly under the pineapple) or a rotisserie on a charcoal grill will also do the trick. Otherwise, you may need to boost the heat for browning. To do so, use a kitchen blowtorch, which is not only extremely effective, but also extremely cool looking.

Spit-Roasted Pineapple

By the time I arrived at the sprawling churrascaria in southern Brazil, the wedding party was in full swing. So were a half-dozen birthdays, a retirement celebration, numerous extended family dinners, and a bevy of hot Saturday night dates. And to serve them, a forest of spits spun furiously on a charcoal-

fired rotisserie several yards long. Welcome to Galpão Crioulo ("Creole Grange")—a country-style grill joint in Brazil's barbecue capital, Porto Alegre, with room enough to feed you and the population of several small cities. This cinnamon-grilled pineapple comes served on a spit, just like Brazilian rotisseried meats, and the waiter carves thin slices onto the plate, just as he would picanha or spit-roasted beef tenderloin. You can certainly serve the fruit with meat, but it also makes a stunningly original dessert. Serves 6 to 8

1 whole ripe golden pineapple
1 cup sugar
2 Tablespoons ground cinnamon
1 teaspoon ground cloves
3 Tablespoons butter, melted
Spiced whipped cream (optional)

ADVANCE PREPARATION
None

1 Cut the crown (the leafy part) off the pineapple and carefully cut the rind off the fruit. Using a sharp knife, make a series of spiral cuts to remove the eyes.

2 Place the sugar, cinnamon, and cloves in a bowl and stir to mix.

3 Set up the grill for spit roasting, following the manufacturer's instructions and preheat the grill as hot as it will go.

4 Thread the pineapple onto the spit lengthwise so the spit passes through the middle of the fruit

(or thread it the traditional way—crosswise). Brush the outside of the pineapple with about 1 tablespoon of butter. Working over a tray or sheet pan, sprinkle one-third of the spice and sugar mixture over the pineapple on all sides and on the ends to crust it as thickly and as evenly as possible.

5 When ready to cook, attach the spit to the grill and turn on the motor. Spit-roast the pineapple until it is darkly browned on the outside, 15 to 30 minutes in all, depending on how hot the fire is (covering the rotisserie will make it even hotter). When the pineapple starts to brown, after 5 to 10 minutes, brush it on all sides with more butter and sprinkle more spiced sugar over it; shake the sugar bowl right over the pineapple as it turns on the rotisserie. Repeat after 5 minutes with the remaining butter and sugar, then continue spit roasting until the pineapple is darkly browned and thickly crusted with sugar.

6 Take the spit to the table and thinly slice the pineapple onto plates. (To be strictly authentic, once the crust of the pineapple is carved off the spit, you'd sprinkle the fruit with more spiced sugar and spit roast it again until darkly browned once more, continuing until all of the sugar mixture has been used up and all the pineapple has been served.) Alternatively, you can remove the pineapple from the spit and cut it crosswise into slices; this is a little more user-friendly in a home setting. Serve the pineapple slices with whipped cream, if desired.

Note: In keeping with Brazil, you

could flavor the whipped cream with *cachaça* (a Brazilian cane spirit) instead of rum.

Variation

"Spit-Roasted Pineapple" without the Rotisserie: If you don't have a rotisserie, you can cut the pineapple crosswise into 1-inch slices, coat each in butter and sugar, and brown the slices on the well-oiled grate of a raging-hot grill.



Thailand

From Planet Barbecue!: 309 Recipes, 60 Countries
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Publishing Company.

Where: Bangkok, Thailand

What: Smokily grilled bananas topped with coconut-caramel sauce

How: Direct grilling

Just the Facts: In Thailand, you'd use a short stubby banana with a firm starchy consistency, which keeps it from falling apart on the grill. The closest equivalent I've seen in North America is the apple banana (sometimes labeled with its Spanish name, *plátano manzano*), which is available at many supermarkets. The Thai banana isn't terribly sweet, but don't forget, it will be dipped in coconut-caramel sauce. If apple bananas aren't available, you can use a conventional banana that's a day or two shy of full ripeness.

Photography by Ben Fink



Grilled Bananas with Coconut-Caramel Sauce

*To paraphrase Kevin Costner in *Field of Dreams*, if you grill it, they will come. Such turned out to be the case for a Bangkok grill mistress named Saisuwan. Five years ago, she scraped together enough cash to set up a pushcart on Charoen Krung Road behind the Sheraton Hotel. Her grilling skills became so legendary, guidebooks from all over the world sing her praises. Saisuwan serves just one dish—but what a dish—grilled bananas slathered with coconut caramel sauce. You can eat them for breakfast, as a snack, or for dessert, and the moment you finish, you'll very likely find yourself returning for seconds. If you happen to find yourself near the Sheraton hotel in Bangkok, you'll recognize Saisuwan by her trademark white cap and by the sweet scent of bananas grilling over coconut shell charcoal. I give two versions of the caramel sauce. The first is how it's made in Thailand, with palm sugar and coconut milk simply boiled together. The second is how a Frenchman might make the sauce: The sugar is cooked to a deep golden caramel, then enriched with coconut milk. Serves 4*

FOR THE COCONUT-CARAMEL SAUCE

½ cup palm sugar or light brown sugar (see Notes)

1 cup unsweetened coconut milk

8 apple bananas, or 4 conventional bananas

YOU'LL ALSO NEED

Flat bamboo skewers (optional)

ADVANCE PREPARATION

The caramel sauce can be prepared up to a day ahead.

1 Take the coconut-caramel sauce: **Version #1:** Combine the palm sugar and coconut milk in a heavy saucepan. Bring to a boil over medium heat, whisking to dissolve the sugar. Let the coconut mixture simmer briskly until it is thick, golden, and very flavorful, about 5 minutes, whisking often. Remove the pan from the heat and let the coconut-caramel sauce cool to room temperature. Place the sauce in a deep bowl. It can be prepared up to a day ahead and refrigerated, covered. Let the coconut-caramel sauce return to room temperature before using.

Version #2: Place the sugar in a heavy saucepan over medium-high heat and cook the sugar until it melts, turns golden brown, becomes very fragrant, and starts to smoke, 3 to 6 minutes. Swirl the pan so the sugar cooks evenly, but do not stir it. Don't let the sugar burn. As

soon as the sugar browns, remove the pan from the heat and add the coconut milk. Stand back—the mixture will hiss and sputter like Mount Vesuvius. Return the mixture to the heat and let simmer, whisking, until the sugar dissolves completely. Let the coconut-caramel sauce cool to room temperature. Place the sauce in a shallow bowl. The caramel sauce can be prepared up to a day ahead and refrigerated, covered.

2 Set up the grill for direct grilling and preheat it to high.

3 When ready to cook, brush and oil the grill grate. Peel the bananas and skewer them through one end, if desired. Grill the bananas until they are lightly browned and partially cooked, 1 to 2 minutes per side. Dip the bananas in the coconut-caramel sauce (that's where the skewer comes in handy) or brush the bananas on all sides, using a basting brush, and return them to the grill. Continue grilling the bananas until they are darkly browned and sizzling, 1 to 3 minutes per side longer. Use a bamboo skewer to test for doneness; it should easily pierce the banana. Transfer the bananas to a platter or bowls. Spoon the remaining coconut-caramel sauce on top and serve at once.

Notes: Palm sugar is the traditional sweetener of Thailand. Don't worry if you can't find it: In this recipe, it's virtually indistinguishable from light brown sugar.

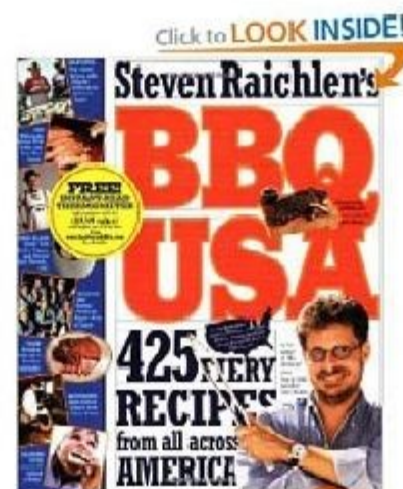
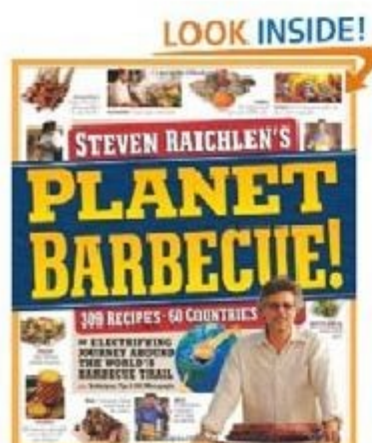
The bananas used for grilling in Thailand tend to be harder and starchier than their North American counterparts. So grill masters, like Saisuwan, use a two-step grilling process, partially flattening the bananas with a heavy weight halfway through. This helps the bananas grill more evenly. To do this, transfer the bananas to a cutting board after the first 1 to 2 minutes of grilling and lightly flatten them with a scalloppine pounder or the side of a heavy cleaver. Dip each banana in the coconut-caramel sauce, or brush both sides with the sauce, and return the bananas to the grill. Continue grilling the bananas until they are golden brown and cooked through, 1 to 3 minutes longer per side.

Get this...

WHAT... *Steven Raichlen's Panet Barbecue* and *Steven Raichlen's BBQ USA*

WHY... to bring to your home this summer great grilling ideas from around the world!

WHERE... amazon.com 





United States

From BBQ USA: 425 Fiery Recipes from All Across America © 2003 Steven Raichlen. Used with permission from Workman Publishing Company.

Where: Georgia, United States

What: Fragrant, juicy peach cobbler with extra crisp toppings

How: Indirect grilling

Grilled Peach Cobbler

For a modern American it's almost inconceivable to imagine a kitchen without an oven. But for the two hundred years following the arrival of the first settlers at Plymouth, most people did their cooking in fireplaces. Desserts were baked by the heat of wood embers, in Dutch ovens, reflecting ovens, or beehive ovens built in the side of the hearth. What these lacked in convenience was surely made up for in the flavor imparted, for live fire and wood smoke do wondrous things for desserts. Smoke has a way of bringing out the caramel qualities of fruits and fillings. Dry heat seems to make crusts and toppings extra crisp. So the idea of cooking a cobbler on the grill shouldn't seem quite so strange. The one here features those lasciviously fragrant, juicy peaches for which Georgia is so justly famous. Serves 8

4 pounds very ripe peaches (for about 8 cups diced)

3/4 cup granulated sugar, or more to taste

2 teaspoons ground cinnamon

2 Tablespoons arrowroot or cornstarch

1/2 teaspoon grated lemon zest
2 Tablespoons fresh lemon juice, or more to taste

8 Tablespoons (1 stick) cold unsalted butter, cut into 1-inch pieces

1/2 cup flour

1/2 cup quick-cooking (not instant) oatmeal

1/2 cup firmly packed brown sugar
Vanilla ice cream (optional), for serving

YOU'LL ALSO NEED

One 10-inch cast-iron skillet; 1 cup wood chips or chunks (preferably apple), soaked for 1 hour in water to cover, then drained

1 Rinse the peaches and blot them dry with paper towels. Cut each in half, remove and discard the pit, and cut the fruit into 1-inch chunks. Place 1/4 cup of the granulated sugar, 1 teaspoon of the cinnamon, and the arrowroot in a large nonreactive mixing bowl and whisk to combine. Stir in the peaches, lemon zest, and lemon juice. Taste for sweetness, adding more sugar or lemon juice as necessary. Spoon the filling into the skillet.

2 Place the butter, flour, oatmeal, and brown sugar, and the remaining 1/2 cup of granulated sugar and 1 teaspoon of cinnamon in a food processor fitted with the metal blade. Pulse until the mixture is coarse and crumbly. The butter should form pea-



size pieces. If you don't have a food processor, use a stand mixer fitted with a paddle, a pastry cutter, or two knives. Spoon the topping over the peach filling.

3 Set up the grill for indirect grilling and preheat to medium. If using a gas grill, place all of the wood chips or chunks in the smoker box or in a smoker pouch and run the grill on high until you see smoke, then reduce the heat to medium. If using a charcoal grill, preheat it to medium, then toss all of the wood chips or chunks on the coals.

4 When ready to cook, place the skillet in the center of the hot grate, away from the heat, and cover the grill. Cook the cobbler until the filling is bubbling and the topping is nicely browned, 40 to 60 minutes. Let the cobbler cool for a few minutes, then serve with vanilla ice cream, if desired.



Photography by Vera Shepherd

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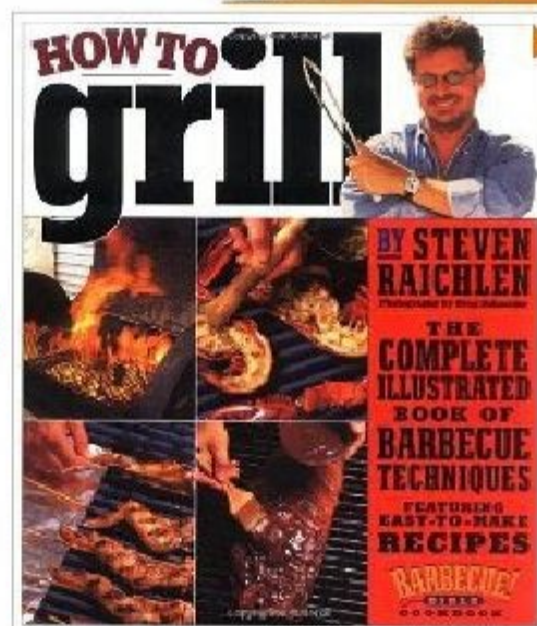
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